

Personality Disturbance Gathering, nr.34

(key to possible disturbances)

Every person may be used only once, and all conditions best match one character.

1. **Agoraphobia** – The fear of having a panic attack in a setting from which there is no easy means of escape.
2. **Alcoholism** – Characterized by frequent and uncontrolled consumption of alcohol despite its negative effects on the drinker's health, relationships, and social standing.
3. **Anorexia** – An eating disorder characterized by refusal to maintain a healthy body weight, and an obsessive fear of gaining weight due to a distorted self image.
4. **Bipolar Personality Disorder** – Defined by the presence of one or more episodes of abnormally elevated energy levels, cognition, and mood with or without one or more depressive episodes.
5. **Bulimia** – An eating disorder characterized by recurrent binge eating, followed by compensatory behaviors.
6. **Co-Dependant Relationship** – A tendency to behave in overly passive or excessively caretaking ways that negatively impact one's relationships and quality of life. It often involves putting one's own needs at a lower priority than others while being excessively preoccupied with the needs of others.
7. **Cognitive Distortions / all-of-nothing thinking (Splitting)** – Thinking of things in absolute terms, like "always", "every", "never", and "there is no alternative".
8. **Cognitive Distortions / Mental Filter** – Focusing almost exclusively on certain, usually negative or upsetting, aspects of an event while ignoring other positive aspects.
9. **Cognitive Distortions / Disqualifying the Positive** – Continually reemphasizing or "shooting down" positive experiences for arbitrary reasons.
10. **Cognitive Disorder / Labeling and Mislabeled** – Explaining behaviors or events, merely by naming them in an over-generalized manner. Rather than describing the specific behavior, a patient assigns a label to someone that implies absolute and unalterable terms. Mislabeled involves describing an event with language that is highly colored and emotionally loaded.
11. **Cognitive Disorder / Personalization** – Attribution of personal responsibility for events over which the patient has no control. This pattern is also applied to others in the attribution of blame.
12. **Cognitive Disorder / Narcissistic Rage** – Rage is directed toward the person that the narcissist feels has slighted them. To other people, the rage is incoherent and unjust. This rage impairs their cognition, therefore impairing their judgment. During the rage they are prone to shouting, fact distortion and making groundless accusations
13. **Delusional Disorder** – Characterized by holding one or more non-bizarre delusions; non-bizarre delusions are fixed beliefs that are certainly and definitely false, but which could be plausible.
14. **Dependant Relationship** – Defining oneself by their romantic interest, to the point of where they lose sight of their own identity.

15. **Dissociative Amnesia / Psychogenic Amnesia** – Patients lose their autobiographical memory and personal identity even though they are able to learn new information and perform everyday functions normally. Other times, there may be a loss of basic semantic knowledge and procedural skills such as reading and writing.
16. **Dissociative Fugue / Psychogenic Fugue** – An episode of temporary amnesia, assumption of a new identity and unplanned travel away from one's customary surroundings.
17. **Dissociative Identity Disorder / Multiple Personality Disorder** – A condition in which a person displays multiple distinct identities or personalities, each with its own pattern of perceiving and interacting with the environment.
18. **Echolalia** – A speech disorder; the automatic repetition of the vocalizations (sound, speech) made by another person.
19. **Factitious Disorder** – Conditions in which a person acts as if he or she has an illness by deliberately producing, feigning, or exaggerating symptoms.
20. **Neurotic Fear of the Future** – Fear of the uncertainty the future holds.
21. **Ganser syndrome** – A rare dissociative disorder; characterized by nonsensical or wrong answers to questions or doing things incorrectly
22. **Korsakoff's Syndrome** – Denoted by five major symptoms: lack of insight, apathy, meager content in conversation, amnesia, and confabulation (invented memories which are then taken as true due to gaps in memory sometimes associated with blackouts).
23. **Neurotic Paranoia** – Paranoia which consumes every aspect of a person's thoughts.
24. **Persecutory Delusions / Querulant Delusions** – The most common forms of delusions, the affected person believes – wrongly – that they are being prosecuted. The perceived persecution may involve the theme of being followed, harassed, cheated, poisoned or drugged, conspired against, spied on, attacked, or obstructed in the pursuit of goals
25. **Post-Traumatic Stress Disorder** – a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma. This event may involve the threat of death to oneself or to someone else, or to one's own or someone else's physical or psychological integrity, overwhelming the individual's ability to cope.
26. **Proprioception** – This concept provides for a sense of the position of the parts of the body relative to other neighboring parts. It is the sense that indicates whether the body is moving with required effort, as well as where the various parts of the body are located in relation to each other.
27. **Repressed Memories** – A significant memory, usually of a traumatic nature, that has become unavailable for recall. It may be when a subject blocks out painful or traumatic times in one's life. *This is not the same as amnesia, which is a term for any instance in which memories are either not stored in the first place (such as with traumatic head injuries when short term memory does not transfer to long term memory) or forgotten.
28. **Schizophrenia** – Characterized by a disintegration of the process of thinking and of emotional responsiveness. It most commonly manifests as auditory hallucinations, paranoid or bizarre delusions, or disorganized speech and thinking, and it is accompanied by significant social or occupational dysfunction.
29. **Self-Victimization** – The fabrication of victim-hood for a variety of reasons, such as to justify abuse of others, to manipulate others, as a coping strategy or attention seeking
30. **Shame-based Personality** – a personality rooted in low self esteem, a sense of regret (for no clear reason) and shame.

31. **Stockholm Syndrome** – a term used to describe a paradoxical psychological phenomenon wherein hostages express positive feelings towards their captors that appear irrational in light of the danger or risk endured by the victims, essentially mistaking a lack of abuse from their captors as an act of kindness.
32. **Taijin kyofusho (Japanese culture-specific syndrome)** – Dreading and avoiding social contact. However, instead of a fear of embarrassing themselves or being harshly judged by others because of their social ineptness, sufferers of taijin kyofusho report a fear of offending or harming other people as well. The focus is thus on avoiding harm to others as much as is to oneself.
33. **Tourette's Syndrome** – denoted by tics, a sudden, repetitive, nonrhythmic, stereotyped motor movement or vocalization involving discrete muscle groups
34. **Social phobias** – A type of anxiety disorder in which exposure to the feared stimulus may provoke extreme anxiety or a panic attack. Specific phobias are among the most common of all psychiatric disorders, affecting up to 10% of the population.

Name: _____
Period: _____ Date: _____

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Please write the name of the person whom you think the condition best describes. All may be ascribed to only one person. There are 34 conditions and 34 partygoers.

1. **Agoraphobia** –
2. **Alcoholism** –
3. **Anorexia** –
4. **Bipolar Personality Disorder** –.
5. **Bulimia** –
6. **Co-Dependant Relationship** –
7. **Cognitive Distortions / all-of-nothing thinking (Splitting)** –
8. **Cognitive Distortions / Mental Filter** –
9. **Cognitive Distortions / Disqualifying the Positive** –
10. **Cognitive Disorder / Labeling and Mislabeled** –
11. **Cognitive Disorder / Personalization** –
12. **Cognitive Disorder / Narcissistic Rage** –
13. **Delusional Disorder** –
14. **Dependant Relationship** –
15. **Dissociative Amnesia / Psychogenic Amnesia** –
16. **Dissociative Fugue / Psychogenic Fugue** –
17. **Dissociative Identity Disorder / Multiple Personality Disorder** –
18. **Echolalia** –
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25. **Post-Traumatic Stress Disorder** –
26. **Proprioception** –
27. **Repressed Memories** –
28. **Schizophrenia** –
29. **Self-Victimization** –
30. **Shame-based Personality** –
31. **Stockholm Syndrome** –
32. **Taijin kyofusho (Japanese culture-specific syndrome)** –
33. **Tourette's Syndrome** –
34. **Social phobias** –

Which three of these characters would you most like to meet?

Which three would you most like to avoid meeting?

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ABDUL is recently out of the hospital. At first he was not able to move properly or even control the tone of his voice. Later he re-learned, by using his sight (watching his feet) and inner ear only for movement while using his hearing to judge voice modulation.

He eventually acquired a stiff and slow movement and nearly normal speech. He could not judge the effort involved in picking up objects and would grip them painfully to be sure he did not drop them.



ALISA is having much difficulty sleeping. Over the past year she has had a recurring dream in which she, as a youth, did what unidentified (in the dream) people were asking.

While vague, she recalls the interior of an apartment, and a Little Mermaid blanket. She has a sense of fear, wrongness and dread, yet the dream always stops abruptly at the same point, with nothing in it clearly illuminating why those feelings of foreboding are there.



At the party ADAR, a university sophomore, is sitting on a park bench when she notices a small spider inching along from her plate of barbeque potato chips. She quickly gets up, heart racing and starting to sweat. Her hand trembles. But while the spider never touched her plate, she herself is unable to return to it, or to the area she was previously sitting.



23 year old AMIT is hitting on (as in trying to “picking up”) MARTYNA and preparing to ask her out on a date, when suddenly his entire demeanor shifts to a soft youthful voice with slouched shoulders and different mannerisms. His newfound shy voice, physical slough and lack of eye contact was abrupt. It was a complete change!

Perplexed, MARTYNA asks what’s going on, and AMIT says “her” name is “KARA” and that “she” is 11 years old. Confused, he (“KARA”) goes on to inquire who MARTYNA is, and why so many people are around.



Everyone is happy AIMEE is at the party. Two months ago she, along with LEWIS, were held hostage by a man escaping from prison on a rainy day in Lithuania. While she was not physically abused, it was a dangerous, fearsome ordeal which lasted five days; LEWIS was shot in the

shoulder during the police effort to rescue them, and she was in another room and rescued unharmed.

Within days of her rescue, upon reflection she came to feel their assailant was falsely accused. She wrote to him in prison, and solicited donations to assist in paying his defense attorney fees. Why she would support her former hostage taker remains a question to her friends.



When discussing the politics of the death penalty, ARCHER, a recent university graduate, was unable to emphasize with his friend’s (MENDEL) views that while the punishment should be around, it should be more narrowly restricted to certain crimes.

ARCHER was adamant that the criminal justice system should adopt either a punishment or a rehabilitative approach toward crime, but that both concurrently were incompatible.



AVITAL feels anxious when in outdoor social gathering. In spite of the few clouds overhead, her mind is fixated on the possibility of rain, and how embarrassing it might be for her mascara to run and to wear wet, clinging clothing. While there is a sheltered area, she ponders how many at the gathering could actually fit under the gazebo. With every breeze, her anxiety increases.



CLARISSA experiences sharp mood swings, advancing from energetic and happy to mad and depressed, all within a short period of time. She will be very upset, but then twenty minutes later happy again with no recollection of the depths of her prior disharmony. She might be crying uncontrollable one moment and euphoric the next. Her friends attribute this to the fictional books she authors, thinking she is getting too much into her characters.



DAX is subconsciously envious of the attention his former roommate, who was in a wheelchair, received. Once DAX mentioned that he was feeling ill, and felt glad for the attention he then received. Since then, he has been outspoken of whatever ails him. Anything, a stiff muscle, for instance, is presented as an agonizing endeavor he tolerates

People are uncertain whether CIARAN is intentionally answering oddly or if he just does not get it! When asked by ALISA what 2+2 is, he responds “approximately 3” or “it depends on what the value of ‘2’ is”. To some this is irksome, although to many others he is a novelty.



Even though they have been dating for only a month, CONNOR really, really, really likes NIRIA, so much so that when they’re not together, he remains home and looks out the window thinking nonstop of her. This is more than just an infatuation. His sense of self is intertwined with his thought of her. He feels depressed and adrift when she is not around.



DELPHINE strives to avoid making eye contact whenever possible. She is afraid of how others would react if she starts blushing, and is preoccupied with how things appear. She is worried about making others feel uncomfortable and therefore is concerned about how they view her.





EWELINA seems rather rude and put-off around many people, often acting as if she does not want to be at the gathering. She projected an undercurrent of stiff tension, antisocial tendencies and animosity. Yet her demeanor and mood relaxes once she has some wine. Originally she was upset when told there was no hard liquor, and by default selected Red burgundy wine, but by her third glass she was casually interacting with others.

EYLAM, a reporter from Seattle, went missing before the Millennium (1 Jan.2000) only to be found 12 years later in Anchorage, Alaska, living under the name of "JAYSON" yet with little recollection of that time between his initial disappearance and the present. In fact, once discovered he had to be persuaded into believing in his own past life.



JEROME has a low opinion of himself. He regularly compares himself to those who he meets, and uses sharp levity as a defense mechanism to mask his uncomfortable feelings. He recently quit the job at Starbucks he enjoyed for years because he felt he was not deserving of happiness.



JEAN-PIERRE has lost the ability to form new memories. He can remember nothing of his life since the end of the second World War, including events that happened only a few minutes ago. He believes it is still 1945 and seems to behave as a normal, intelligent gentleman aside from his inability to remember his past and the events of his day-to-day life. He struggles to find meaning, satisfaction, and happiness in the midst of constantly forgetting what he is doing from one moment to the next.

IVOR believes a government is tracking his movements, only he is unsure of just which government is doing so! He has traveled internationally to evade them, but to no avail. He believes they are monitoring his movements through cyber-surveillance, telephone taps and credit card checking. MI6, CIA, KGB and Mossad are his leading suspects and he believed he sees evidence of them all in his life weekly. He ponders whether they may be conspiring together to locate him!



JOSEPHINE is standing on the promenade overlooking the river and notices a wrinkle in EWELINA's skirt, who is nearby. JOSEPHINE is unable to take her mind off of this minor imperfection and soon becomes possessed by the thought of fixing it. So consumed by the thought, she finds it difficult to continue her conversation with EYLAM.





LEWIS outwardly seems to be well-adjusted, yet demonstrates a profound startle response to the sound of a rock hitting another rock or to the slamming of a door. It was not always like this. Easily agitated since his return from rescuing AIMEE and LEWIS, he has been restless and suffers from insomnia. Furthermore, he starts to tear uncontrollably at the sound of raindrops.



KIRK harbors a secret: he believes he is really a Starfleet officer from the 23rd century who was sent back in time to disrupt a terrorist plot involving a clandestine “shadow” government of the United States which had access to technology from the lost city of Atlantis, and which has implications for his future. KIRK went to great lengths to infiltrate this party (he befriended JOSEPHINE days before, hoping he could attend as her date), feeling something there will point him in the direction of the bad guys. No detail of the party is left un-assessed by him, and he comes to think that MOIRA may be involved, possibly as a victim.

KEV perceives himself as being completely unselfishly and dedicated to the well-being of ANNABELLE. They’re in love, and this is how he views love as being. They are inseparable. When one has a bad day, the other feels the same, and vice-versa. Both have received bad grades and poor job reviews due to their being distracted by the thought of the other when not together.



LIAM finds himself (without intent) taking on and speaking with the tone and accent of whomever he hears. At the party he is speaking to CONNOR, who is British, and suddenly LIAM is conversing through a British accent with perfect speaking inflection.



LIAT believes that everything NOA does or says is an intentional show of disrespect toward her. She felt that NOA’s tardy arrival to the dinner party was intended to somehow influence the hostess to overcook the main meal.

LORNA, a high school senior, is nervous about setting forth on her own after graduation. The very prospect of not having her parents ‘safety net’ around is unceasing uncomfortable. Every article in the news – stalkers, increasing tuition, unemployment, etc – is on her mind. She has started to try less in school, receiving grades significantly below what this solid-A student should be earning.





LYNDON has had the sniffles for over a year. It is so routine now, he often does it without even thinking about it. Years earlier he had a tendency to quickly shake his head, but he says he 'grew out' of that stage. He is no longer cognizant of how often these tic's occur.

Following dinner, LYSETTE awkwardly excused herself from conversations on a few occasions, saying she was stepping to the restroom. She always returned with a glass of water in one hand. While all seems normal, her eyes betray a sense of unease

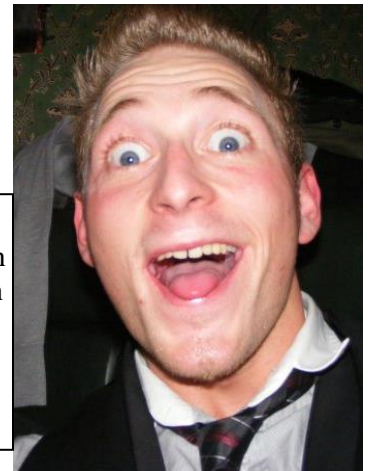


MARTYNA, a recent graduate from Tel Aviv University, aspires to be a swimsuit model. Friends have noticed she seems to always have a cracker in her hand yet rarely nibbles at it. At dinner she regularly refilled her water glass but never touched her plate. She has started to experience depression, at times feeling compelled to remove herself from social settings.



MELVIRA is generally critical of others. In reference to a friend who brings her children to daycare each morning, MELVIRA exclaims with all seriousness "she abandons her children to strangers."

MENDEL is truly a pessimistic personality. He is critical of everything. Even on his own wedding day, he commented to his Best Man (LYNDON) that he will now need to work more hours to support his wife. He gets away with this by framing these incessant comments as dark satire.



MOIRA is going from person to person asking what they know about her. She does not remember her own name, yet she understands (and can speak when spoken to in...) Russian, English and Italian, she finds herself instinctively hyper-vigilant (hyper-aware) of her surroundings and realized at the gathering that she can tie several different types of knots without thinking about it. She retains reaction skills and instincts and language abilities, but not who she is, what she does or where she is



NOA is angry at REGEV. She yells at him, feeling slighted. This rage is expressed in an incoherent manner, and quickly NOA is saying things which she will later regret others overhearing. She comes across to others as disingenuous, mean-spirited and vain, and she regrets (and feels bad) that this is how others perceive her



TREVOR defines himself by the number of people who come to listen to him. He is a compulsive liar and will say whatever he can to get peoples sympathy and companionship (attention).



TUCKER believes he is being followed by secret agents from PETA (People for the Ethical Treatment of Animals) because he has publicized their euthanizing (killing) of stray cats. Every time he hears a vehicle pass by, he is convinced they are keeping tabs on him. Even birds chirping outside his apartment window in the early morning is seen as evidence of orchestrated harassment directed toward him



REGEV is pursuing his Masters degree in evolutionary biology, and over the course of his studies he has discovered striking parallels with his own observations of life; specifically, he has come to believe that he – himself – is in the process of evolving during his own lifetime.

In a major dissertation (research paper) he is preparing, he cites the improvement of his own physical physique and athletic and intellectual skills over time as evidence. He expects to one day be able to transcend out of his body in a dissociative experience, and run continually for over 400 miles without stopping. He believed himself clairvoyant, and a dream is what previewed for him the beliefs he now holds