CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Dependent personality disorder

Excessive need for others to take care of you, with submissive behavior and fear of separation or making decisions alone.

COMMON SIGNS

- Finds it hard to decide without advice
- Fear of being alone
- Accepts things they don't want so as not to lose someone

TIPS FOR YOU

1. Make small decisions on your own
2. Work on self-esteem and boundaries
3. Therapy for emotional dependence

FOR FAMILY AND FRIENDS

1. Encourage them to decide and accept their decisions
2. Don't sort everything out for them

WHEN TO ASK FOR HELP

1. If you put up with abuse for fear of being alone: 016
2. If anxiety or depression appear

TO OBSERVE AND NOTE DOWN

☐ I find it hard to make decisions without advice

☐ I need others to take on responsibilities for me

☐ I find it hard to disagree for fear of losing support

☐ I find it hard to start things on my own

☐ I do unpleasant things so that others will look after me

☐ I feel helpless when I'm alone

☐ If a relationship ends, I urgently look for another

☐ I'm terrified of being alone

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-la-personalidad-dependiente
- Free guide: Couples: clinicavivaldi.com/en/guia-pareja
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112