CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Avoidant personality disorder

Social inhibition, feelings of inferiority and hypersensitivity to criticism, which lead to avoiding relationships even if desired.

COMMON SIGNS

- Fear of rejection and criticism
- Avoids relationships and challenges
- Feels inferior

TIPS FOR YOU

1. Gradual exposure to social situations
2. Work on self-criticism
3. Cognitive behavioural therapy is effective

FOR FAMILY AND FRIENDS

1. Invite them without pressure and encourage every step
2. Avoid criticising them in public

WHEN TO ASK FOR HELP

1. If the isolation grows
2. If sadness or hopelessness appear

TO OBSERVE AND NOTE DOWN

☐ I avoid socialising for fear of criticism
☐ I only socialise if I'm sure I'll be liked
☐ I find it hard to open up even with people close to me
☐ I often think I'm going to be rejected
☐ I feel inferior to others
☐ I avoid new challenges for fear of failing
☐ I feel very inhibited in social situations
☐ I want to connect with people, but I'm scared

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-la-personalidad-por-evitacion
- Full article: Social phobia: clinicavivaldi.com/en/trastorno-fobia-social
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

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