CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Schizoid personality disorder

Withdrawal from social relationships and limited emotional expression; preference for solitary activities.

COMMON SIGNS

- Prefers to be alone
- Little interest in relationships
- Seems cold or distant

TIPS FOR YOU

1. Respect their social pace
2. Therapy if there is distress or isolation
3. Look for shared low-contact activities

FOR FAMILY AND FRIENDS

1. Respect their space without forcing contact
2. Offer quiet, low-contact plans

WHEN TO ASK FOR HELP

1. If there is worrying sadness or isolation
2. If strange ideas appear

TO OBSERVE AND NOTE DOWN

☐ I prefer to do things alone
☐ I have little interest in close relationships
☐ I enjoy few activities
☐ Praise or criticism leaves me indifferent
☐ I express few emotions
☐ I have few close friends
☐ I have little interest in sex with other people
☐ Others see me as cold or distant

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-esquizoide-de-la-personalidad
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112