CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Histrionic personality disorder

Excessive emotionality and constant attention seeking, with relationships that feel more intimate than they are.

COMMON SIGNS

- Needs to be the centre of attention
- Changeable, theatrical emotions
- Very easily influenced

TIPS FOR YOU

1. Therapy to work on self-esteem
2. Look for validation from stable sources
3. Explore what need lies behind it

FOR FAMILY AND FRIENDS

1. Value what they do, not just how they tell it
2. Set limits calmly

WHEN TO ASK FOR HELP

1. If there is frequent distress or conflict
2. If depression or anxiety appear

TO OBSERVE AND NOTE DOWN

☐ I feel uncomfortable if I'm not the centre of attention
☐ My emotions change quickly
☐ I use my appearance to attract attention
☐ I express my emotions very intensely
☐ I'm easily influenced
☐ I feel relationships are more intimate than they are
☐ I need others' approval
☐ This causes me problems in my relationships

FREE RESOURCES

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