CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Obsessive-compulsive personality disorder

A preoccupation with order, perfectionism and control, which undermines flexibility and efficiency. It's different from OCD.

COMMON SIGNS

- Perfectionism that stops tasks being finished
- Rigidity and need for control
- Excessive devotion to work

TIPS FOR YOU

1. Practise "good enough"
2. Delegate tasks and accept they may be done differently
3. Plan leisure time

FOR FAMILY AND FRIENDS

1. Value what's done even if it isn't perfect
2. Plan leisure time together

WHEN TO ASK FOR HELP

1. If perfectionism wears you out
2. If there are frequent conflicts at home or work

TO OBSERVE AND NOTE DOWN

☐ I worry a lot about order and details
☐ My perfectionism stops me finishing tasks
☐ I devote almost all my time to work
☐ I'm very strict about morals or rules
☐ I find it hard to throw away worthless things
☐ I find it hard to delegate if it isn't done my way
☐ I'm very careful with money, even excessively
☐ Others see me as rigid or stubborn

FREE RESOURCES

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