CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Paranoid personality disorder

Widespread distrust and suspicion: tendency to interpret others' intentions as malicious.

COMMON SIGNS

- Distrusts others for no reason
- Holds grudges
- Finds it hard to trust anyone

TIPS FOR YOU

1. Therapy built on a trusting relationship
2. Check interpretations against facts
3. Work on the anxiety behind it

FOR FAMILY AND FRIENDS

1. Be clear, consistent and do what you say
2. Avoid ambiguous jokes

WHEN TO ASK FOR HELP

1. If the distrust causes serious conflicts
2. If intense persecutory ideas appear

TO OBSERVE AND NOTE DOWN

☐ I suspect others want to take advantage of me
☐ I find it hard to trust others
☐ I doubt the loyalty of friends or my partner
☐ I find it hard to share personal things
☐ I see hidden intentions in innocent comments
☐ I hold grudges for a long time
☐ I react angrily if I feel attacked
☐ This causes me conflicts

FREE RESOURCES

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