Avoidant Personality Disorder

Avoidant personality disorder is characterized as being hypersensitive to rejection. Extreme feelings of shyness and fear cause these individuals to be very socially withdrawn despite wanting relationships with others. They have feelings of inadequacy and low self-esteem. Persons with avoidant personality disorder experience anhedonia and anxiety that prevent them from establishing healthy relationships with others.



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Personality Functioning

Self Functioning

Feelings of Shame or Inadequacy
Being Shamed for Inadequate-performance
Individuals with avoidant personality disorder feel shame and inadequacy about themselves. They are awkward and uncomfortable in social situations. Since they feel inadequate, they express feelings of being unwanted by others.

Low Self-Esteem
Low Selfie-steam
Individuals with avoidant personality disorder have low self-esteem. They are extremely sensitive to the opinions of others and demonstrate frequent hesitations in expressing their feelings.

Social Withdrawal
Withdrawal from Social-book
Persons with avoidant personality disorder may be socially withdrawn because of constant fear of rejection by others. They are mistrustful of others and consider them to be critical, betraying, and humiliating. These strong feelings cause individuals with avoidant personality disorder to avoid social relationships.

Interpersonal Functioning

Desires Relationships with Others
Begging to be Part of Others' Relationship
Despite being socially withdrawn, people with avoidant personality disorder have a strong desire for companionship. However, their fear of rejection overcomes their desire to establish close relationships with others. Their failure of creating social relationships leads to feelings of depression, anxiety, and frustration. In comparison, people with schizoid personality disorder do not want to establish relationships (refer to the Picmonic on "Schizoid Personality Disorder").

Poor Reaction to Criticism
Poor-pockets Reaction to Critic
Criticism is not taken well in individuals with avoidant personality disorder. Since they do not accept criticism well, they feel anxiety while living in constant fear of being judged by others.

Hypersensitive to Rejection
Hiker-sensitive-crying with Rejection
Individuals with avoidant personality disorder are hypersensitive to rejection. Their hypersensitivity to rejection is so powerful that they avoid social relationships to avoid the risk of rejection.

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Pathological Personality Traits

Anhedonia

Ant-hood-on

Individuals with avoidant personality disorder experience anhedonia, the inability to feel pleasure. They avoid social situations, activities, and intimate relationships in fear of being rejected. Their preoccupation with being rejected prevents them from feeling pleasure.

Anxiety

Anxiety-bag

People with avoidant personality disorder feel anxious in social situations. Their constant fear of criticism and rejection leads to high levels of anxiety.

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