

Previous Diagnosis Red Flags

Personality Disorders

During the Secure Marriage Couples Assessment, if any of these are shared as a previous diagnosis, it is in the best interest of the couple to refer them to a professional counselor.

Borderline

More commonly diagnosed in women, there is a pattern of intense but unstable relationships, emotional instability, outbursts of anger and violence (especially in response to criticism), and impulsive behavior. Suicidal threats and acts of self-harm are common.

Narcissistic

More commonly diagnosed in men, a person has an extreme feeling of self-importance and a sense of entitlement. He lacks empathy and readily lies and exploits others to achieve his aims.

Histrionic

Strong emphasis on attracting the attention and approval of others. They often seem to be dramatizing or 'playing a part' in a bid to be heard and seen.

Avoidant

Believes that they are socially inept, unappealing, or inferior, and constantly fear being embarrassed, criticized, or rejected. They avoid meeting others unless they are certain of being liked, and are restrained even in their intimate relationships.

Dependent

A significant lack of self-confidence and an excessive need to be looked after. The person needs a lot of help in making everyday decisions and surrenders important life decisions to the care of others.

Paranoid

A pervasive distrust of others, including even friends, family, and partner. The person tends to be guarded and suspicious, and constantly on the lookout for clues or suggestions to validate their fears.

Antisocial

More commonly diagnosed in men, this is a callous unconcern for the feelings of others. The person disregards social rules and obligations, is irritable and aggressive, acts impulsively, lacks guilt, and fails to learn from experience.

