

# Understanding Your Personality Type

by

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- **Introduction**

- **Bible verses**

- II Chronicles 16:9 – “For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.”
- Philippians 2:4 – “Let each of you look out not only for his own interests, but also for the interests of others.”
- Nahum 1:7 – “The Lord is good, a stronghold in the day of trouble; and he knows those who trust in Him.”

- **Personality**

Personality is the outward expression of the mind, emotion, and will, which distinguish behavior and who the person is. Personality traits can be healthy or they can go to far and become a personality disorder.

- **Personality disorder**

Personality disorders are characterized by long-lasting, maladaptive patterns of behavior and may include areas of cognition, affectivity, interpersonal functioning, and impulse control. The borderline, histrionic, narcissistic, and antisocial personality disorders are emotional and dramatic and more likely to present with depression. The obsessive-compulsive, dependent, and avoidant personality disorders are more likely to present with anxiety.

No psychiatric drugs are FDA approved for personality disorders; atypical neuroleptics, anticonvulsants, antidepressants, and antianxiety agents have been tried.

Personality disorders include:

- paranoid—suspicious, hypersensitive, paranoid, mistrust of people
- schizoid—aloofness
- schizotypal—eccentric, near psychotic behavior
- antisocial—↓ conscience, self-identity problems, instability in mood and friendships, nonconformity to social norms
- borderline—impulsiveness, anger, mood instability, tumultuous relationships, idealization then devaluization of others, unstable, always in crisis, mood swings
- histrionic—emotional, excitable, egocentric, colorful
- narcissistic—grandiose preoccupation with self, self-importance
- avoidant—hypersensitivity to rejection, social withdrawal, shy, desires companionship
- dependent—overly dependent on others
- obsessive-compulsive—perfectionism, rules, order regulation, details, rigidity, emotional constriction, stubbornness, indecisiveness
- passive-aggressive—procrastination, stubbornness, inefficiency, covert obstructionism

Personality disorders are on axis II in DSM IV-R and may influence psychiatric drugs chosen.

- Conclusion
- Bible verses
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# Resources

- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso, Texas  
1-888-789-HOPE (4673)
- For all radio program outlines go to:  
[www.mcphope.com](http://www.mcphope.com)
- Minirth Clinic – for outpatient care and retreats  
[www.minirthclinic.com](http://www.minirthclinic.com)  
972-669-1733 or 1-888-MINIRTH (646-4784)
- Celebrate Recovery – local Churches  
[www.celebraterecovery.com](http://www.celebraterecovery.com)
- AACC – American Association of Christian Counselors  
[www.aacc.net](http://www.aacc.net)
- [www.2ndfiddleentertainment.com/maggiespassage](http://www.2ndfiddleentertainment.com/maggiespassage)
- Hearts of Love International Ministry (for pastors)  
[www.hearts-of-love-international-ministry.org](http://www.hearts-of-love-international-ministry.org)