
Psychoeducation Information Booklet

Personal Information Summary Prepared for

Name _____

Psychoeducation Information Booklet developed by:

© Personality Disorder Service
Nottinghamshire Healthcare NHS Trust

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My Problems – What I want to change

You identified the following things that you wished to change:

- 1.
- 2.
- 3.
- 4.
- 5.

All about problems and personality

What are personality problems?

We all have problems, and especially problems with other people. These problems crop up from time to time – and we all try to deal with them. Some people seem to find a way of dealing with each new problem they find. They have the knack of getting their problems sorted.

For others, it's more difficult. They try to sort their problems, but their 'personality' seems to get in the way. They find themselves doing things much the same way each time. Perhaps making the same mistakes again. And their problems don't get sorted properly. They are often unhappy. Those around them are often unhappy as well. If you are one of these people, you will want something to change.

All about problems and personality

So what is my 'personality' and how does it mess things up?

Personality is just the way you usually **think**, **feel** and **behave**. It's just how you are. Your personality may get in the way of getting your problems sorted. You find you think, feel and behave much the same way every time. And because of how you think, feel and behave, things continue to go wrong.

Why does this happen?

We think some people just haven't been given the **skills** to get things sorted. Not really their fault. Maybe nobody gave them the right skills. Maybe they were unable to learn the skills. So their personality (their usual way of thinking, feeling and doing) takes over. And it doesn't work too well. So problems don't get sorted out. And they keep coming back.

My Problems Checklist Summary

My Problems Checklist Summary

Information about personality disorder

What is personality disorder?

A person is said to have a personality disorder if their personality causes distress or difficulties for themselves or others, and this happens over and over again.

Note: a personality disorder must have the three **Ps**. It must be:

- P****roblematic** It causes distress or difficulties for the person or for other people. It can lead to problems with relationships, with employment, and with the law.

- P****ersistent** This way of thinking, feeling and behaving is long-standing. The difficulties tend to appear in late childhood and teenage years and continue into adult life.

- P****ervasive** This way of thinking, feeling and behaving occurs in many situations.

Information about personality disorder

What can be done to help?

The aim of treatment is to try to change or adapt this problematic way of thinking, feeling and behaving so that the problems it causes (e.g. in relationships, employment and with the law) are reduced.

These changes can allow a person to have a better quality of life. These changes can allow them to function better with other people.

What do I have to do to make this work?

First, you need to be clear about what bits of your thinking, feeling and behaving you really want to change. On the next three pages there is a list of problems you have identified and agreed with your key worker.

On the last page is a list of things you want to change. These are things you can look at in the group. Now you can go ahead and join the group. The *Stop & Think!* worker will explain what the group work involves. We don't pretend it'll be easy – changing and learning new things never is. But it might be worth a bit of effort.

It's all about you learning new skills to help yourself get a better quality of life.

My Problems Checklist Summary

When you completed the Problems Checklist, you identified and we agreed upon the following difficulties