



Living With Paranoid Personality Disorder



Overview

If you've been diagnosed with paranoid personality disorder, you may have some questions and concerns. What does it mean for you? The truth is, paranoid personality disorder can damage your relationships and hurt your career. But if you learn to manage it, dealing with others gets easier. Here are some tips to help.

Participate in your care

First, it's important to take an active role in your own care. So learn all you can about your condition. Find a therapist you like. Then go to your sessions. Do your homework. Ask questions when you don't understand something. And if you're given medication, take it as directed.

Trust your therapist

Often, people who have paranoid personality disorder don't recognize it in themselves. If you have it, you may not feel there's anything wrong with you. You may not trust when people tell you something isn't right. But keep in mind that these feelings are part of your disorder. Your therapist always has your best interests in mind. So listen to your therapist. You'll learn strategies you can use to succeed in life.

Focus on health

And finally, focus on your physical health. Make sure you're getting regular exercise and enough sleep. Avoid alcohol and drugs. This can help manage depression, anxiety and stress. And see your primary care physician regularly.

Conclusion

If you work with your therapist and follow your care plan, you can learn to manage your disorder successfully.



Actor portrayals in photos

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