

WEEK 11 – 307

PRAGMATIC APPROACH

DEFINITION

Personality: consistent patterns in thoughts, feelings and behavior

Personality disorder: consistent patterns in thoughts, feelings and behavior that meet the following two conditions

- These patterns differ substantially from those considered 'normal' within a culture
- They cause significant distress to the person (and/or those around them)

Millon has developed further criteria to differentiate 'disordered' personality from 'normal' personality

- Disordered is often characterized with functional inflexibility
- Self-defeating patterns of behavior (insulting and doubting themselves to the point that she cannot communicate normally)
- Unstable functioning in the case of stress (perfectionists putting too much stress on themselves which prevent them from doing their best)

TRAIT APPROACHES

Trait approaches conceptualize personality disorders as arising from an extreme combination of traits

- That is, a person has extreme combination/levels of traits
- They do not have unique traits

Consistent with this idea, research has found all of the big five (except for openness) are associated with personality disorders

- Ex: low conscientiousness and low agreeableness = anti-social personality disorder

They see personality traits as a continuum rather than discrete sections. Five-factor model try to place or measure someone in this continuum.