**What causes a Personality Disorder ?**

An unstable or chaotic family life, such as living with a parent who is an alcoholic or who struggles to manage a mental health problem

Little or no support from your caregiver – this may be especially hard if you experienced a traumatic event or situation

A lack of support or bad experiences during your school life, in your peer group or wider community

* neglect
* losing a parent or sudden bereavement
* [verbal, physical or sexual abuse](http://www.mind.org.uk/information-support/guides-to-support-and-services/abuse)
* being involved in major incidents or accidents

The environment we grow up in and the quality of care we receive can affect the way our personality develops.

If you had a difficult childhood or experiences like these, you might have developed certain beliefs about how people think and how relationships work. You might have developed certain strategies for coping which aren't helpful in your adult life.

Some elements of our personality are inherited. We are born with different temperaments – for example, babies vary in how active they are, their attention span and how they adapt to change.

Some experts believe inheritance may play a part in the development of personality disorder.

