**What is a Personality Disorder ??**

Personality disorders are a type of mental health problem where your attitudes, beliefs and behaviours cause you longstanding problems in your life.

The word ‘personality’ refers to the pattern of thoughts, feelings and behaviour that makes each of us the individuals that we are. We don't always think, feel and behave in exactly the same way – it depends on the situation we are in, the people with us and many other things.

However, if you have a personality disorder you may often experience difficulties in how you think about yourself and others. And you may find it difficult to change these unwanted patterns.

Mind

