Cluster B personality disorders

Someone with a cluster B personality disorder struggles to relate to others. As a result, they show patterns of behaviour most would regard as dramatic, erratic and threatening or disturbing.

The main personality disorders in this category are listed below.

**Antisocial personality disorder**

A person with an antisocial personality disorder sees other people as vulnerable and may intimidate or bully others without remorse. They lack concern about the consequences of their actions.

Symptoms include:

* lack of concern, regret or remorse about other people's distress
* irresponsibility and disregard for normal social behaviour
* difficulty in sustaining long-term relationships
* little ability to tolerate frustration and to control their anger
* lack of guilt, or not learning from their mistakes
* blaming others for problems in their lives

The National Institute for Health and Care Excellence (NICE) has published guidelines on how people with antisocial personality disorders should be treated. For more information, see [NICE: antisocial personality disorder (PDF, 250kb)](http://www.nice.org.uk/guidance/cg77/resources/guidance-antisocial-personality-disorder-pdf).

**Borderline personality disorder**

A person with borderline personality disorder is emotionally unstable, has impulses to self-harm, and has very intense and unstable relationships with others.

Read more about [borderline personality disorder](http://www.nhs.uk/conditions/borderline-personality-disorder).

**Histrionic personality disorder**

A person with histrionic personality disorder is anxious about being ignored. As a result, they feel a compulsion (overwhelming urge) to be noticed and the centre of everyone’s attention. Features include:

* displaying excessive emotion, yet appearing to lack real emotional sincerity
* dressing provocatively and engaging in inappropriate flirting or sexually seductive behaviour
* moving quickly from one emotional state to another
* being self-centred and caring little about other people
* constantly seeking reassurance and approval from other people

Symptoms and signs may co-exist with borderline and narcissistic personality disorders.

**Narcissistic personality disorder**

A person with narcissistic personality disorder swings between seeing themselves as special and fearing they are worthless. They may act as if they have an inflated sense of their own importance and show an intense need for other people to look up to them.

Other symptoms include:

* exaggerating their own achievements and abilities
* thinking they are entitled to be treated better than other people
* exploiting other people for their own personal gain
* lacking empathy for other people's weaknesses
* looking down on people they feel are "beneath" them, while feeling deeply envious of people they see as being "above" them