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Above all else, guard your heart, for out of it flows the Wellspring of life.

Proverbs 4:23

MENTAL HEALTH ISSUES

Dependent Personality Disorder

Potential Symptoms / Causes

A pervasive and excessive need to be taken care of that leads to submissive and clinging behavior and fears of separation, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. has difficulty making everyday decisions without an excessive amount of advice and reassurance from others
2. needs others to assume responsibility for most major areas of his or her life
3. has difficulty expressing disagreement with others because of fear of loss of support or approval. **Note:** Do not include realistic fears of retribution.
4. has difficulty initiating projects or doing things on his or her own (because of a lack of self-confidence in judgment or abilities rather than a lack of motivation or energy)
5. goes to excessive lengths to obtain nurturance and support from others, to the point of volunteering to do things that are unpleasant
6. feels uncomfortable or helpless when alone because of exaggerated fears of being unable to care for himself or herself
7. urgently seeks another relationship as a source of care and support when a close relationship ends
8. is unrealistically preoccupied with fears of being left to take care of himself or herself

Alternative Causes

Mood Disorders; Panic Disorder; Agoraphobia; general medical conditions; Borderline Personality Disorder; Avoidant Personality Disorder; Personality Change Due to a General Medical Condition; symptoms that may develop in association with chronic substance use.