



# Avoidant Personality Disorder: A Guide Treatment and Cures

*Nahman Williams*

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Avoidant personality disorder speaks to the difficulty of persons to interact on a social level. They have a very hard time opening up themselves for possible criticism and as such, find it really hard to function in both their social lives as well as their occupational life as well. Due to the fact that they so fear being embarrassed and being criticized, they shy away from things like making a presentation at work, or making any kind of public speeches. They basically just avoid anything at all that will draw any type of attention to themselves and this makes their life; especially their social life very limited. Persons who are suffering from avoidant personality disorder are usually very shy and as such, even though they may crave close, intimate and friendly contact with other human beings, they tend to hardly ever have a good support system; people to talk to and be there for them as they are always trying to avoid being embarrassed. They feel inferior to others and even when they are in friendships and relationships they do not get the optimum from these social interactions as they hold back most of what is inside them so that they will not have to be looked down at by others. The good news is that there is help out there for persons who are suffering from this disorder by way of medical help, psychological help and even suggested home remedies that can effectively treat persons who are dealing with this disorder. Individual, rather than group therapy may be better for these persons, especially initially, and if they will even turn up for group therapy, to get them to open up, there has to be very good rapport between themselves and their therapist. Table of Contents What Is Avoidant Personality Disorder Symptoms Of Avoidant Personality Disorder Causes Of Avoidant Personality Disorder Avoidant Personality Disorder Treatment Therapy For Avoidant Personality Disorder People Who Have Avoidant Personality Disorder Can You Overcome Avoidant Personality Disorder About The Author Nathan Williams' background is not in psychology, in fact, he is a mechanical engineer who became interested in researching avoidant personality disorder because of the actions of not just one family member, but two of them. He grew up with a mother that hardly ever left her home and when she did, she tried her best to make herself as inconspicuous as possible, and he try not to speak at all unless she definitely had to. He never got accustomed to the fact that albeit she was basically fine in their own house, that she was not able to work outside the house or to develop any type of meaningful relationships with other people, even though they tried to reach out to her in order to initiate a friendship. He was resigned to what he thought was the fact that his mother was just extremely shy and he would have left it at that until he went to a family reunion and heard about a distant cousin who was the same way as his mother. He never got to meet her at the reunion however, as she ted no to turn up at all. He met her many years later, but had to visit her at home, and although he found her to be highly intelligent, she didn't have a lot to say and she turned down any overtures from him to come to future family reunions or to try to get a job so that she can come out and live her life in the open rather than mostly at home. Williams recognized the fact that people looking on would believe that these individuals are unintelligent and nit able to do anything at all due to the fact that they try their best to avoid certain social situations. However, because he knew better, this drove him to not just want to research this topic for himself, but to educate others about the disorder as well.

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