

Have you ever got that feeling when you are sitting with a group of people who are talking about a topic you are extremely interested in and know a lot of information about it, maybe even more than all of them, but when you want to participate in the discussion you get that fear from saying a wrong thing that can make you a joke? That sounds like an AVPD!

Avoidant personality disorder (AVPD) is an enduring pattern of behavior related to social inhibition, feelings of inadequacy, and sensitivity to rejection that causes problems in work situations and relationships.

The causes of AVPD vary as genetic, social, environmental, and psychological factors can have an impact in different ways. For example, the parents' disregard for the capabilities of their children can make the children feel they are losers, they are good at nothing, and everyone else is better than them.

The symptoms of AVPD are a lot and they are all destructible to the patient and they eat them from the inside. These symptoms include:

A desire to be liked

Anhedonia (lack of pleasure in activities)

Fear of saying or doing the wrong thing

In social situations, anxiety

Conflict avoidance (being a "people-pleaser")

Avoiding interaction at work or declining promotions

Avoiding intimate relationships and communicating intimate feelings

Avoiding situations because of apprehension about rejection

Staying away from social situations or events

Criticism or disapproval can easily hurt you.

Self-consciousness to the extreme

Inability to make social contact

tense and fearful demeanor

Only a trained mental health professional can diagnose avoidant personality disorder using the criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

Avoidant personality disorder, like other personality disorders, can be difficult to treat because it is an enduring pattern of behavior, and it can be difficult for the person living with the disorder to recognize that psychotherapeutic help is required and beneficial.

Treatment, on the other hand, can help to reduce symptoms and expand the range of coping strategies that a person can use to manage their anxiety. A person with an avoidant personality disorder will almost certainly always be shy, but avoidance will not dominate their thoughts.