

Dependent personality disorder

Exploring Support Without Losing Your Choice

Adults | 10 to 15 minutes

Dependent personality disorder is a clinical diagnosis that requires assessment over time. Needing assistance because of disability, culture, resources, or circumstance does not establish a disorder. This page explores how decisions are made and what support you would choose for yourself.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Separate support from control

Consider a recent decision. Who provided information, who decided, and how free did you feel to disagree? Useful support can include advice or practical assistance while leaving the choice with you.

Choose a supported decision

Pick a low-stakes decision, such as a preferred appointment time. Identify information you need, assistance you want, and a way to express your preference. Do not withdraw essential support to prove independence.

1. Which recent decision was difficult, and what made it hard to express your preference?**2. What assistance was useful, and what felt pressuring or controlling?****3. What low-stakes choice could remain yours while you receive needed support?****4. What would you like a clinician to understand about relationships, safety, and access needs?****Clinical use and adaptation**

Distinguish coercion and access-related dependence from pervasive personality patterns. Do not encourage abrupt separation from essential care or an unsafe confrontation. Assess vulnerability to exploitation and use supported decision making where appropriate.