

Antisocial personality disorder

Discussing Choices Impact and Accountability

Adults | 10 to 15 minutes

Antisocial personality disorder is a clinical diagnosis requiring a careful history and assessment. It is not synonymous with being unsociable. This page focuses on specific actions, their effects, and motivation for change rather than assigning a label or treating harm as inevitable.

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

Describe behavior and consequences

Choose a manageable example involving a broken agreement, dishonesty, or disregard for another person's rights. Describe the action and its effects without minimizing them or speculating about a diagnosis from one event.

Identify a responsible alternative

Name what you want to preserve or build, such as stable work, trustworthy relationships, or fewer conflicts. Consider a lawful, respectful alternative and support that makes follow-through more likely. Accountability does not require demanding forgiveness from someone harmed.

1. What specific behavior caused a problem, and what were its effects on others and on you?

2. What immediate benefit were you seeking, and what longer-term cost followed?

3. What lawful and respectful alternative could support a goal you actually value?

4. What assessment question, support, or accountability arrangement could help you follow through?

Clinical use and adaptation

Assess violence, coercion, substance use, legal context, and immediate danger directly when indicated. Do not use diagnosis as an excuse or a moral judgment. Avoid making family members responsible for monitoring risk; consider specialist care and safeguarding.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: E01, S01. Full sources are in the online preview and collection appendix.

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