

Personality Disorders, and Behavioral Presentations within the Genders:

Borderline Personality Disorder (General):

These are the common characteristics of this disorder that are not specific to subtype or gender.

1. Intense and unstable relationships.
2. Fear of abandonment.
3. Impulsivity.
4. Self-destructive behaviors.
5. Frequent mood swings.
6. Chronic feelings of emptiness.
7. Identity disturbance.
8. Recurrent suicidal thoughts or self-harming behaviors.
9. Intense anger or difficulty controlling anger.
10. Transient, stress-related paranoia or dissociation.

Borderline Personality Disorder, Impulsive:

These are the common characteristics of this subtype of BPD that are not specific to gender.

1. Impulsive spending or financial decisions.
2. Reckless driving or dangerous behaviors.
3. Substance abuse or binge drinking.
4. Self-harming behaviors, such as cutting or burning.
5. Risky sexual behaviors.
6. Frequent job changes or career impulsivity.
7. Impulsive outbursts of anger or aggression.
8. Engagement in dangerous or thrill-seeking activities.
9. Impulsive decisions without considering consequences.
10. Impulsive changes in goals or plans.

In Women:

Women with Impulsive BPD often exhibit behaviors that are driven by intense emotional distress and a desperate need to regulate their overwhelming feelings. Some of the gender-specific characteristics of Impulsive BPD in women include:

1. **Self-Harming Behaviors:** Research has indicated that women with Impulsive BPD are more likely to engage in self-harming behaviors, such as cutting or burning their skin. These acts may serve as a way to release emotional pain or regain a sense of control over their emotions.

2. **Emotional Turbulence:** Women with this subtype may experience frequent and intense mood swings. Their emotions can rapidly shift from extreme sadness to anger or anxiety, leading to impulsive reactions to emotional distress.
3. **Impulsivity in Relationships:** In interpersonal relationships, women with Impulsive BPD may engage in impulsive actions, such as pushing people away when they feel abandoned or overwhelmed, only to seek closeness again shortly afterward.
4. **Impulsive Spending:** Some women with Impulsive BPD may engage in reckless spending, often as a way to temporarily alleviate emotional pain. This behavior can lead to financial problems and regret.

In Men:

Men with Impulsive BPD may express their emotional distress differently, with a focus on externalized behaviors and impulsivity that can have a significant impact on their lives. Gender-specific characteristics of Impulsive BPD in men include:

1. **Substance Abuse:** Men with this subtype may be more prone to substance abuse, using drugs or alcohol to cope with emotional turmoil. Substance abuse can lead to a range of health and social issues.
2. **Reckless Driving:** Impulsive behaviors in men might manifest as reckless driving, a form of risk-taking that can put their safety and the safety of others at risk.
3. **Aggressive Outbursts:** While both men and women with Impulsive BPD can exhibit anger, men may be more likely to express their distress through aggressive outbursts, confrontations, or even physical altercations.
4. **Relationship Challenges:** Men with Impulsive BPD may struggle with maintaining stable relationships due to their impulsive actions and emotional volatility. This can lead to difficulties in forming and maintaining connections with others.

Borderline Personality Disorder, Petulant:

These are the common characteristics of this subtype of BPD that are not specific to gender.

1. Reacting to distress with anger or irritability.
2. Frequent defiance or oppositional behavior.
3. Passive-aggressive communication and actions.
4. Difficulty regulating anger and frustration.
5. Expressing displeasure or dissatisfaction openly.
6. Reluctance to comply with authority or rules.
7. Tendency to provoke conflict in interpersonal relationships.
8. Frequent complaints or grievances with others.
9. Resistance to making compromises or concessions.
10. Difficulty handling criticism or perceived slights.

In Women:

Women with Petulant BPD often exhibit distress through a combination of anger, irritability, and defiance in their interpersonal relationships. Here are some gender-specific characteristics commonly associated with women with this subtype:

1. **Anger and Irritability:** Women with Petulant BPD may have a low threshold for frustration and may become easily angered or irritated in response to perceived slights or threats to their self-esteem.
2. **Defiance and Resistance:** They may display a strong tendency to resist authority or control from others. This defiance can be expressed through non-compliance with rules, opposition to authority figures, or refusal to follow social norms.
3. **Passive-Aggressive Behaviors:** Some women with Petulant BPD may resort to passive-aggressive behaviors when they feel slighted or criticized. This can include behaviors like sulking, giving the silent treatment, or making sarcastic comments.
4. **Manipulative Behavior:** In an attempt to gain control or manipulate situations, women with this subtype may use emotional manipulation tactics. They might employ guilt-tripping or emotional blackmail to get their needs met.
5. **Intense Fear of Abandonment:** Like other individuals with BPD, women with Petulant BPD often experience a profound fear of abandonment. However, in this subtype, this fear may manifest as defiance and a reluctance to admit vulnerability.

In Men:

Men with Petulant BPD may display their distress through more overt forms of aggression and defiance. Here are some gender-specific characteristics commonly associated with men with this subtype:

1. **Aggressive Outbursts:** Men with Petulant BPD may exhibit more overt aggression when distressed. This can involve verbal confrontations, yelling, or even physical altercations when they feel provoked or threatened.
2. **Defiance and Non-Conformity:** They may demonstrate a strong resistance to conforming to societal expectations or rules, often feeling a need to assert their independence and challenge authority.
3. **Impulsivity:** In some cases, men with this subtype may engage in impulsive behaviors, such as risky actions or substance abuse, as a way to cope with their emotional turmoil.
4. **Difficulty in Emotional Expression:** Men with Petulant BPD may struggle with effectively expressing their emotions and may resort to aggressive behaviors as a means of communication when they feel overwhelmed.
5. **Challenges in Relationships:** Their overt displays of anger and defiance can create significant challenges in maintaining stable and healthy interpersonal relationships. Trust and communication issues may be particularly pronounced.

Borderline Personality Disorder, Self-Destructive:

These are the common characteristics of this subtype of BPD that are not specific to gender.

1. Engaging in self-harming behaviors, such as cutting, burning, or hitting oneself.
2. Frequent suicidal ideation or suicide attempts.
3. Engaging in risky or dangerous activities without regard for personal safety.
4. Substance abuse or excessive alcohol consumption as a form of self-destructive coping.
5. Impulsive actions that jeopardize one's physical or emotional well-being.
6. Repeatedly putting oneself in harmful or abusive relationships.
7. Chronic feelings of worthlessness and self-loathing.
8. Sabotaging personal and professional relationships or opportunities.
9. Engaging in self-sabotaging behaviors even when aware of the potential consequences.
10. Using self-destructive actions as a way to cope with emotional pain or distress.

In Women:

Women with Self-Destructive BPD often grapple with intense emotional pain and may resort to self-harming behaviors as a way to cope. Here are some gender-specific characteristics commonly associated with women with this subtype:

1. **Self-Harming Behaviors:** Research suggests that self-harming behaviors, such as cutting or burning, may be more prevalent among women with Self-Destructive BPD. These acts are typically used as a way to release emotional pain, regain a sense of control, or express inner turmoil.
2. **Emotional Intensity:** Women with this subtype may experience emotions at an exceptionally high intensity, leading to profound feelings of sadness, despair, or anger. These overwhelming emotions can contribute to their self-destructive tendencies.
3. **Impulsivity in Relationships:** Impulsivity in women with Self-Destructive BPD can manifest as impulsive decisions related to relationships, such as abruptly ending relationships, engaging in tumultuous romantic affairs, or seeking out harmful situations.
4. **Interpersonal Struggles:** These individuals may find it challenging to establish and maintain stable interpersonal relationships due to their emotional volatility and self-destructive tendencies.
5. **Struggles with Self-Esteem:** Women with Self-Destructive BPD often grapple with issues related to low self-esteem and self-worth. Self-harming behaviors can sometimes serve as a way to cope with these feelings.

In Men:

Men with Self-Destructive BPD may also experience intense emotional pain but may express it differently, often through impulsive actions and substance abuse. Here are some gender-specific characteristics commonly associated with men with this subtype:

1. **Impulsive Actions:** Men with Self-Destructive BPD may be more prone to impulsive actions that put their well-being at risk. This can include impulsive spending, reckless behavior, or risky decisions.
2. **Substance Abuse:** Instead of self-injury, men with this subtype might turn to substance abuse as a means to cope with emotional pain. Substance abuse can be a way to numb intense emotions temporarily.
3. **Anger and Aggression:** When distressed, some men with Self-Destructive BPD may display their emotional turmoil through overt expressions of anger or aggression. This can lead to confrontations and difficulties in relationships.
4. **Emotional Suppression:** Men may have learned to suppress their emotional pain due to societal expectations related to masculinity, which can lead to a buildup of emotional distress that eventually finds an outlet in impulsive actions or substance use.
5. **Challenges in Emotional Expression:** Expressing emotional pain in a healthy way may be particularly challenging for men with Self-Destructive BPD, leading to a reliance on self-destructive coping mechanisms.

Borderline Personality Disorder, Discouraged (or Avoidant):

These are the common characteristics of this subtype of BPD that are not specific to gender.

1. Extreme feelings of inadequacy and low self-worth.
2. Avoidance of interpersonal relationships due to fear of rejection or criticism.
3. Social isolation or withdrawal from social activities.
4. Overwhelming anxiety in social situations.
5. Difficulty initiating or maintaining relationships.
6. Chronic self-doubt and insecurity in social interactions.
7. Reluctance to take risks or try new experiences.
8. Fear of being negatively judged or ridiculed by others.
9. Tendency to stay in the background in social settings.
10. Limited expression of emotions or desires in fear of negative reactions.

In Women:

Women with Discouraged BPD often struggle with profound feelings of inadequacy and low self-worth, primarily linked to their interpersonal relationships. Here are some gender-specific characteristics commonly associated with women with this subtype:

1. **Extreme Inadequacy:** Women with Discouraged BPD may experience intense and persistent feelings of inadequacy and self-doubt, particularly in the context of their relationships. They may feel that they are fundamentally flawed or unworthy of love and acceptance.
2. **Avoidance of Intimacy:** As a result of their low self-esteem and fear of rejection, they may avoid forming close interpersonal relationships. This avoidance can extend to both romantic and non-romantic relationships, as they fear criticism or abandonment.

3. **Reliance on Self-Reliance:** These individuals may develop a pattern of self-reliance, avoiding asking for help or support from others, even when they are in distress. This can lead to social isolation.
4. **Self-Criticism:** Women with Discouraged BPD may engage in harsh self-criticism and perfectionism as a way to cope with their feelings of inadequacy. They may set unrealistically high standards for themselves.
5. **Depression and Anxiety:** The persistent feelings of inadequacy and avoidance of relationships can contribute to symptoms of depression and anxiety in women with this subtype.

In Men:

Men with Discouraged BPD may also experience low self-esteem, but they may cope differently, often by avoiding relationships or social situations. Here are some gender-specific characteristics commonly associated with men with this subtype:

1. **Avoidance of Relationships:** Men with this subtype may avoid forming close relationships due to their fear of rejection or criticism. They may isolate themselves socially to minimize the risk of emotional pain.
2. **Social Withdrawal:** Rather than internalizing feelings of inadequacy, men with Discouraged BPD may outwardly withdraw from social situations, preferring solitude to interpersonal interactions.
3. **Self-Reliance:** Similar to women with this subtype, men may exhibit a strong tendency toward self-reliance and may avoid seeking help or support from others, even when they are struggling.
4. **Internalized Self-Esteem Issues:** While men may not express their low self-esteem as overtly as women, they may still experience intense feelings of self-doubt and inadequacy internally.
5. **Depression and Isolation:** The avoidance of relationships and social withdrawal can contribute to feelings of depression and isolation in men with Discouraged BPD.

Antisocial Personality Disorder:

These are the common characteristics of this disorder that are not specific to gender.

1. Disregard for the rights of others.
2. Persistent violation of societal norms and rules.
3. Deceitfulness, including lying and manipulation.
4. Impulsivity and failure to plan ahead.
5. Irritability and aggression, often leading to physical fights.
6. Reckless disregard for personal safety or the safety of others.
7. Lack of remorse or guilt for harmful actions.
8. Impulsivity in terms of financial responsibilities.
9. Repeated failure to sustain steady work or honor financial obligations.
10. Consistent irresponsibility and lack of follow-through on commitments.

In Women:

While less common, women with ASPD may display distinct behavioral characteristics, often involving more relational aggression and manipulation:

1. **Relational Aggression:** Women with ASPD may be more likely to engage in relational aggression, which involves harming others through social manipulation, gossip, exclusion, or spreading rumors. This form of aggression can be used to achieve personal goals or maintain control over others.
2. **Deceptive Manipulation:** Women with ASPD may use deceptive manipulation to exploit others for personal gain. They may feign vulnerability or charm to achieve their objectives.
3. **Impulsivity:** Like men, women with ASPD can also display impulsivity, engaging in risky behaviors such as substance abuse or reckless sexual encounters.
4. **Lack of Remorse:** Women with ASPD typically show little remorse for their actions and may rationalize their behaviors to justify their actions.
5. **Challenging Relationships:** Women with ASPD may have tumultuous relationships marked by manipulation and deceit. Their ability to maintain superficially functional relationships can make it difficult for others to recognize their true nature.

In Men:

ASPD is more commonly diagnosed in men than in women, and men with ASPD may exhibit certain behavioral characteristics that differ from women with the disorder:

1. **Overt Criminal Behaviors:** Men with ASPD often engage in more overt and aggressive criminal behaviors, such as physical violence, theft, and property destruction. These behaviors can lead to repeated legal trouble and incarceration.
2. **Impulsivity:** Impulsivity is a hallmark of ASPD in men. They may act without considering the consequences, engaging in risky behaviors such as substance abuse, reckless driving, or impulsive acts of aggression.
3. **Lack of Empathy:** Men with ASPD typically display a profound lack of empathy for others, showing little remorse for the harm they cause to individuals or society as a whole. This lack of empathy can lead to manipulative and exploitative behaviors.
4. **Difficulty Maintaining Relationships:** Men with ASPD often struggle to establish and maintain stable relationships due to their callous and manipulative behaviors. Their disregard for the rights of others can lead to a trail of broken relationships.
5. **Superficial Charm:** Some men with ASPD may possess a superficial charm and charisma that they use to manipulate and deceive others. They can be adept at presenting themselves in a socially appealing manner.

Narcissistic Personality Disorder:

These are the common characteristics of this disorder that are not specific to gender.

1. An exaggerated sense of self-importance and superiority.
2. A constant need for admiration and validation from others.
3. A lack of empathy for the feelings and needs of others.
4. A preoccupation with fantasies of unlimited success, power, beauty, or love.
5. Belief in one's unique status and a sense of entitlement.
6. Exploitative behavior to achieve personal goals.
7. A tendency to manipulate and take advantage of others.
8. Envy of others and belief that others are envious of them.
9. Arrogant and haughty attitudes and behaviors.
10. Difficulty maintaining stable, healthy relationships due to self-centeredness.

In Women:

Women with NPD may also display behavioral characteristics associated with the disorder:

1. **Grandiosity:** Like men, women with NPD may have an inflated sense of self-importance and expect special treatment. They may believe they are unique and deserving of constant admiration.
2. **Need for Admiration:** Women with NPD seek admiration and validation, just as men do. They may require compliments, praise, and attention to feel secure and validated.
3. **Manipulative Behavior:** Some women with NPD may employ manipulative tactics to achieve their goals or maintain their self-image. They may use charm, seduction, or emotional manipulation to control others.
4. **Lack of Empathy:** Empathy deficits are a common feature of NPD in both men and women. Women with NPD may struggle to understand or respond to the emotional needs of others.
5. **Relationship Challenges:** Both genders may experience difficulties in forming and maintaining stable, healthy relationships due to their self-centeredness and lack of empathy. They may have a tendency to exploit and discard people when they no longer serve their needs.

In Men:

Men with NPD may display certain behavioral patterns that differ from women with the disorder:

1. **Grandiosity:** Men with NPD often exhibit an exaggerated sense of self-importance and superiority. They may believe they are exceptionally talented, attractive, or intelligent and expect others to acknowledge and admire their perceived greatness.

2. **Need for Admiration:** Men with NPD constantly seek admiration and validation from others. They may fish for compliments, exaggerate their achievements, and become deeply distressed if they feel their superiority is not acknowledged.
3. **Exploitative Behavior:** Some men with NPD may exploit others to achieve their goals or maintain their sense of superiority. They may use manipulation, deception, or charm to manipulate people into doing things for them.
4. **Lack of Empathy:** Empathy is often lacking in men with NPD. They may have difficulty understanding or appreciating the feelings and needs of others, which can lead to interpersonal difficulties.
5. **Fragile Self-Esteem:** Underneath their grandiose exterior, men with NPD often have fragile self-esteem. They are highly sensitive to criticism and may react with anger or defensiveness when their self-image is challenged.

Histrionic Personality Disorder:

These are the common characteristics of this disorder that are not specific to gender.

1. Seeking attention and being uncomfortable when not the center of it.
2. Expressing emotions dramatically and theatrically.
3. Being easily influenced by others or situations.
4. Rapidly shifting emotions and shallow emotional expression.
5. Easily becoming bored and seeking excitement or novelty.
6. Using physical appearance to draw attention.
7. Being overly impressionable and easily influenced by others.
8. Demonstrating inappropriately seductive or flirtatious behavior.
9. Shifting emotions based on the approval or disapproval of others.
10. Frequently changing relationships and being overly concerned with being liked by others.

In Women:

Women with HPD may display certain behavioral patterns that are more commonly associated with the disorder:

1. **Attention-Seeking:** Women with HPD often engage in excessive attention-seeking behaviors. They may dress provocatively, use seductive or flirtatious gestures, or employ theatrical gestures to draw attention to themselves.
2. **Emotional Dramatization:** Emotional expression tends to be dramatic in women with HPD. They may exhibit intense and rapidly shifting emotions, often making their feelings the center of attention in social situations.
3. **Suggestive Behavior:** Some women with HPD may use suggestive or sexually provocative behaviors to capture attention. They may be flirtatious and may use their physical appearance to garner admiration.

4. **Impressionistic Speech:** In conversations, they may use an impressionistic style of speech, emphasizing details and emotions rather than facts or logic. They often seek reactions from others through their storytelling.
5. **Shallow Relationships:** Women with HPD may have numerous superficial relationships but struggle to form deeper, meaningful connections. Their relationships tend to be fleeting and driven by their immediate emotional needs.
6. **Fear of Abandonment:** Like other personality disorders, women with HPD may fear abandonment intensely. They may go to great lengths to prevent real or perceived abandonment.

In Men:

While less common, men with HPD may also display certain behavioral characteristics associated with the disorder:

1. **Attention-Seeking:** Men with HPD may seek attention through charismatic or flamboyant behaviors. They may engage in flashy or theatrical actions to capture the spotlight.
2. **Emotional Expressiveness:** Men with HPD may exhibit dramatic emotional expressions, though they may do so in ways that are more socially acceptable or aligned with traditional masculinity.
3. **Seductive Behavior:** Like women, men with HPD may use seductive or sexually suggestive behavior to draw attention. They may employ charm and charisma to win over others.
4. **Impression Management:** Some men with HPD are skilled at impression management, presenting themselves as confident and captivating to others. They often prioritize external appearances.
5. **Shallow Relationships:** Men with HPD may have many acquaintances but struggle to form deep, lasting connections. Their relationships are often transactional, driven by their need for attention and admiration.
6. **Emotional Sensitivity:** Men with HPD may be emotionally sensitive and reactive to perceived slights or criticism. They may react dramatically when they feel their self-worth is threatened.

Avoidant Personality Disorder (AvPD):

These are the common characteristics of this disorder that are not specific to gender.

1. Extreme shyness and social anxiety.
2. Persistent fear of rejection and criticism.
3. Avoidance of new social situations or interactions.
4. Reluctance to initiate relationships due to fear of disapproval.
5. Difficulty expressing oneself openly in social settings.
6. Preferring solitude or the company of a few trusted individuals.
7. Fear of embarrassment or humiliation in social situations.

8. Low self-esteem and chronic self-doubt.
9. Avoidance of risks and new experiences.
10. Difficulty making decisions and taking personal initiatives.

In Women:

Women with AvPD may display certain behavioral patterns that are commonly associated with the disorder:

1. **Social Avoidance:** Women with AvPD tend to avoid social situations and interactions that could lead to potential rejection or criticism. They may prefer solitude or spending time with a small, trusted circle of friends or family.
2. **Extreme Shyness:** Shyness is a hallmark of AvPD in women. They may feel intensely self-conscious and anxious in social settings, making it difficult to initiate or sustain conversations with unfamiliar people.
3. **Fear of Rejection:** A profound fear of rejection is a core feature of AvPD in women. They often anticipate criticism or negative judgment from others, even when it may not be warranted.
4. **Hypersensitivity to Criticism:** Women with AvPD may be hypersensitive to criticism or perceived slights. They may interpret neutral or benign comments as negative and react with feelings of hurt or embarrassment.
5. **Difficulty Forming Relationships:** While desiring social connections, women with AvPD may find it challenging to form and maintain relationships due to their social avoidance and fear of rejection. This can lead to a sense of isolation.
6. **Self-Perception of Inadequacy:** These individuals often have low self-esteem and a pervasive sense of inadequacy. They may believe that they are inherently unlikable or unworthy of social acceptance.

In Men:

Men with AvPD may also display certain behavioral characteristics associated with the disorder:

1. **Social Avoidance:** Like women, men with AvPD tend to avoid social situations that trigger anxiety or fear of rejection. They may isolate themselves to minimize the risk of social discomfort.
2. **Shyness and Social Anxiety:** Men with AvPD often experience extreme shyness and social anxiety, making it challenging to engage in new social interactions or form connections with others.
3. **Fear of Rejection:** The fear of rejection is a significant feature of AvPD in men. They may hesitate to pursue social opportunities due to a constant worry about being judged negatively.
4. **Hypervigilance to Social Cues:** Men with AvPD may be hypersensitive to social cues and may overanalyze the behavior of others, looking for signs of disapproval or rejection.
5. **Difficulty Initiating Relationships:** Men with AvPD may struggle to initiate romantic or interpersonal relationships due to their fear of rejection. This can lead to limited dating experiences and social isolation.

6. **Low Self-Esteem:** These individuals often have low self-esteem and may view themselves as socially inept or inadequate, contributing to their avoidance of social situations.

Obsessive-Compulsive Personality Disorder (OCPD):

These are the common characteristics of this disorder that are not specific to gender.

1. Preoccupation with order, rules, and details.
2. A strong desire for control over oneself and one's environment.
3. Perfectionism with excessively high personal standards.
4. Rigid adherence to routines and schedules.
5. An obsession with precision and organization.
6. Reluctance to delegate tasks to others.
7. Excessive focus on work and productivity.
8. Inflexibility in thinking and difficulty adapting to change.
9. Stubbornness and insistence on one's own way of doing things.
10. A tendency to prioritize work and productivity over leisure and personal relationships.


In Women:

Women with OCPD may display certain behavioral patterns that are commonly associated with the disorder:

1. **Perfectionism:** Perfectionism is a core feature of OCPD in women. They set excessively high standards for themselves and others, often leading to intense frustration when those standards are not met.
2. **Need for Control:** Women with OCPD often have a strong need for control over their environments, routines, and the actions of others. They may become anxious or agitated when they perceive a loss of control.
3. **Rigidity:** Rigidity in thinking and behavior is a hallmark of OCPD in women. They may insist on doing things their way and resist any deviation from established routines or procedures.
4. **Obsession with Details:** These individuals may become fixated on minute details and may struggle with making decisions due to a fear of making mistakes. They often engage in exhaustive research and planning.
5. **Difficulty Delegating:** Women with OCPD may find it challenging to delegate tasks to others because they believe that no one else can meet their exacting standards. They may take on excessive responsibilities.
6. **Relationship Struggles:** OCPD in women can impact interpersonal relationships, as their perfectionism and need for control can lead to conflicts with others who do not meet their expectations.

In Men:

Men with OCPD may also display certain behavioral characteristics associated with the disorder:

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1. **Perfectionism:** Like women, men with OCPD often have a perfectionistic mindset, setting unreasonably high standards for themselves and those around them.
 2. **Need for Control:** The need for control is a significant aspect of OCPD in men. They may insist on controlling various aspects of their lives, including work, relationships, and even hobbies.
 3. **Rigidity:** Men with OCPD tend to be rigid in their thinking and behavior. They may become agitated or anxious when faced with situations that disrupt their routines or expectations.
 4. **Obsession with Rules and Order:** These individuals may become preoccupied with rules, order, and detail. They may be meticulous in their work and may struggle with prioritizing tasks due to a compulsion to address every detail.
 5. **Workaholism:** Men with OCPD may channel their perfectionism into their careers, often becoming workaholics. They may prioritize work to an excessive degree at the expense of other life domains.
 6. **Difficulty Expressing Emotion:** Some men with OCPD may struggle to express their emotions openly, as they may view emotions as unpredictable and uncontrollable.
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