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Thread: [Personality Disorders & Functionality As An Adult](#)

Trippy Space Cat - May 8, 2020, 4:53 pm

For those of you with mental health disorders that are incredibly disruptive to your daily routine but still maintain a functional life style. How do you cope?

Scooby - May 8, 2020, 5:36 pm

I focus on what I think of myself before what others might think of me. If I can do my job, pay my bills, and enjoy myself, then that's it. Not that there aren't setbacks and upsets, sometimes daily, but I find that as long as I keep my scope of attention to what I can control and what actually affects me, it's manageable.

I'm autistic, by the way.

Nyx - May 8, 2020, 6:06 pm

There are different levels of each disorder people can suffer from.

Example of just one:

Anti-Social Personality Disorder -People who suffer from this are normally extremely manipulative, have no issues harming others, very impulsive, have no remorse, no empathy, commit crimes without thinking how it might impact other people.

They do not have attachments to other people. They do not care for other people, no empathy, no problem in harming, hurting, manipulating, stealing, physical altercations.

People who are successful Anti-Social's where having the disorder benefit their career. High level executive business positions tend to have Anti-Social Personality Disorder because they lie, cheat to get to the top. CEO's tend to be unempathetic.

Surgeon's also have a high rate of Anti-Social Personality Disorder. For someone to treat a body as flesh, and organs and cut into someone's flesh where they can die, the fact they can detach and not care it helps.

MarvinMalware - May 8, 2020, 7:00 pm

I'm currently medicated for my bi polar disorder, panic attack/ general anxiety disorder, and PTSD. I also have unmedicated ADHD. Coping? Extremely difficult, I smoke weed to help with my anxiety and hyperactivity. I've tried meditation and psychotherapy and I find they don't help me very much. I would say keeping some decent friends and some weed on deck keeps me sane to be completely honest, not for everyone.

????????????? - May 8, 2020, 7:02 pm

Most of the time i hear any kind of music, mainly defined by my mood. It strongly distracts me from my constraints and everything else, but wont work everytime.