

THE FOLLOWING ESSAY SCORED 97 ON PAPER RATER:

Audrey Harrell
Dr. White
Psychology
14 November 2017

What are Mental Disorders?

The quote “The true definition of mental illness is when the majority of your time is spent in the past or future, but rarely living in the realism of NOW,” by Shannon L. Alder, explains how people with a mental disorder usually focus most of their attention on the past and future instead of on the present in reality. For example, people with OCD, or Obsessive Compulsive Personality Disorder, tend to try and make everything perfect or superlative, in fear of what the future may hold if they do not complete certain procedures. To put it differently, “Characterized by a general psychological inflexibility, rigid conformity to rules and procedures, perfectionism, and excessive orderliness.”

As can be seen, they focus on the future instead of the present especially when something is not orderly from the way they perceive it. Likewise, people with Avoidant Personality Disorder avoid social situations because of their consternation of being ridiculed. In other words, “Consider themselves to be socially inept or personally unappealing, and avoid social interaction for fear of being ridiculed or humiliated.” As shown above, they try to avoid all social confrontation in fear of what the future may hold.

Additionally, people who suffer from Dissociative Identity Disorder also suffer from Dissociative Amnesia which engender a sense of confusion within the person. To explain their

state of mind, “One or more episodes of inability to recall important personal information, usually of a traumatic nature, that is too extensive to be explained by ordinary forgetfulness.” In any event of this people are stuck, not able to remember the past, but not able to face the present. In conclusion, people afflicted by mental disorders truly do not get to live life in the present, usually because of fear or disquietude of what may happen.