A PAUSE, A PRACTICE, A NEXT STEP

Antisocial Personality Disorder (ASPD)

Recognize behavior that repeatedly crosses others' rights.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Which action needs to change?

Name one specific behavior and its effect on someone else. Bring that example to a clinician.

01 / Notice and reflect

Which action needs to change?

02 / Notice and reflect

What boundary would help with safety?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact a mental health professional about repeated harmful behavior. If someone is in immediate danger, seek emergency help.

Read more: MedlinePlus · Antisocial personality disorder

More tools and immediate support: Our Healing Room / Crisis Support.