

# Wetin na dɔkunu?

(What is a personality disorder?)



## Wetin na dokunu?

Ɔlman get in yone wae fɔ du tin. Den tin ya na aw pɔsin kin mɛmba en du tin, na daft mɛk ɔlman get in yone wae fɔ du tin.

Dɛn wi dokunu trik ya na lɛk aw wi kin tink ɛn du tin dɛm pasmak wan. Dɛn trik ya kin anɔɔg wi lyfe ɛn di pipul dɛm wae wi dae wit.

Dokunu kin stat pan pɔrsin wae yu na pikin ɛn kin dae pan yu tay yu tɔn big pɔrsin.

Dɛn nɔr aybul no ɔmɔs pɔsin dis dokunu sik dɔn anɔɔg fayn fayn wan ɛn dɛn ɔl difren. Dis sik de anɔɔg wan pɔrsin usai ɛvri ɔndrɛd (100) pipul dae. Ɔldo i at fɔ kɔntrol abit. Bɔt if yu no sae yu dokunu ɛn kɔt bifɔ, go mɛk yu lyfe betɛh.

## Wetin na di tru-tru kayn dokunu sik wae wi no?

Bɔrku kayn dokunu sik dae. Dɛn ɔl kin mɛk dɛn dae du wan tin bɔrku

bɔrku tɛm, ɛn dat min sae yu de si am pan udat get de sik.

Na 3 kayn dokunu dae wae fiba, Da bad abit wae pɔrsin nɔr aybul If, da wan wae yu kin mɛk wam hart kwik, da wan wae kin mɛk bɛt bɛt ɔr pasmak kɔnfuze. De difren kayn mix up na dɛn wan ya:

### **(Paranoid personality disorder)**

Wae yu de frayd ɔlman ɛn nɔr aybul trɔs pɔrsin. Dis na wae yu ɔltɛm nɔr trɔs pipul dɛm ɛn yu de put dɛm usai dɛn nɔr dae or wetin dɛn nɔr be

### **(Schizoid personality disorder)**

Dis wan de mɛk yu nɔr get tɛm fɔ ɛni bɔɔdi ɛn yu lɛk fɔ kip to yusef.

### **(Schizotypal personality disorder)**

Dis na wae yu nɔr de bihayv yusef fayn, nɔr de mɛmba gud tin ɛn ɔlman frayd fɔ kam nia yu ɔr dae wit yu. E kin mɛk yu nɔr gɔ de tink lɛk udat korɛkt ɛn kin shɔ dɛm bahd trik

### **(Antisocial personality disorder)**

Dis dokunu kin mɛk yu nɔr get rɛspɛkt fɔ ɔɔda pipul dɛm ɛn kin wan fɔ tinap pan dɛm.

### **(Histrionic personality disorder)**

Dis na wae yu de shɔ pasmak wam hart ɔltɛm ɛn go lɛk ɔlman fɔ kam nia yu.

### **(Narcissistic personality disorder)**

Dis kayn ɔkunu kin mɛk di pɔksin wan ɔltɛm fɔ mɛk pipul ɛnjoɪ dɛm. Dis kin mɛk dɛn nɔr rɛspɛkt ɛn gɛt sɔri hart fɔ ɔda pipul dɛm.

### **(Avoidant personality disorder)**

Di ɔkunu pɔksin nɔr gɔ lɛk krawd bikɔz i gɔ dae fil sae i nɔr kɔmplit, ɛn kin fil sae ɔda pipul dɛm ɔlwɛs wan fɔ nɔ bɔtam.

### **(Dependent personality disorder)**

Dis kin mɛk di pɔksin wan ɔltɛm fɔ mɛk dɛm luuk afta ram. Dis kin mɛk di pɔksin nɔr gɔ de kip to inɛf ɛn kin frayd fɔ mɛk ɔlman nɔr lɛfam.

### **(Obsessive-compulsive personality disorder)**

Da pasmak sabi ɛn kɔntrol ɛn go de fil sae ɛni tin wae i dae du kɔrɛkt ah lɛk sɛf ɔda pipul nɔr gri witam.

### **(Borderline personality disorder)**

Ruudnɛs na da ɔltɛm plaba wae kin mɛk yu nɔr gɛt tyte padi, ɔr wae yu nɔr no yusɛf ɛn aw fɔ kɔntrol yu hart. Wae yu no bɔt dis ala ala sik, kin

fayn bikɔz dɛn kin tekam fɔ bi ɔda kayn krɛs sik.

Pipul wae gɛt dɛn sik ya kin gɛt bak:

- De wae yu dae fil nɔr stɛdi wan sai
- Yu de vɛks sɔm kayn vɛks wae nɔr fayn ɔr yu nɔr kin aybul kɔntrol yu hart
- Yu kin fil sɔm kayn tranga wae lɛk yu na natin.
- Gɛt dɛm bad trik wae dae anɔɔg in lyfe, lɛk wae yu wan fɔ anɔɔg yusɛf.
- Dɛn kwik wae fɔ du dɛm bahd tin to yusɛf.
- Yu nɔr dae aybul gɛt bɛtɛh padi dɛn fɔ lɔng tɛm
- De tɔk ɔltɛm bɔt in sɛf.
- Frayd sae ɔlman go tɔn panam
- Nɔr kin trɔs ɔr lɛk pipul dɛm sɔmtɛm ɛn kin dae na in yone wɔld.

## **Aw di difrɛn ɔkunu kin waka fuut-fuut**

ɔkunu kin ɔltɛm apun wit ɔda kayn krɛs hade sik dɛm. Fɔ no mɔr, rid de buuk wae de tɔk bɔt krɛs sik.

Dem bahd wae fɔ drynk ɾɔm ɛn dɛn bahd dɾɔg yuse kin kam wit dɔkunu, mɔr lɛk da wan wae de mɛk pɔrsin nɔr bihayv fayn to ɔda pipul.

Dis kin mɛk dis sik at fɔ mɛn. Bɔt if yu kɔntrol aw yu de drynk ɛn teik dem bahd dɾɔg go guud fɔ wɛl bɔdi.

## Wɛtin kin mɛk pɔrsin get dis ala ala trik?

Dis kin bigin frɔm wae pɔrsin na pikin bɔt pipul kin grap witam tae yu tɔn big pɔrsin.

Sɔm dɔkunu kin bɔrku pan man dem (dat na lɛk wae yu trik nɔr fayn to ɔda pipul dem) ɛn ɔda dɔkunu sik dae wae na fɔ uman dɛn nɔrmo (dat na wae pɔrsin get da rude trik).

Bɔrku pipul wae get dis dɔkunu sik nɔr kin aks ɔr luuk fɔ ɛp pas wae i kin dɔn tɔmɛnt dɛn lyfe. Na dis kin mɛk wi nɔr dae no bɔt de sik, wɛtin de bryng de sik ɛn aw i de kam pan pɔrsin.

Dem kin gi bɔrku rizin fɔ dɔkunu krɛse dem. bɔt lɛk ɔl krɛse trɔbul, de rizin dem bɔrku ɛn tranga, ɛn sɔm na frɔm yu fambul, sɔm na aw yu bɔdi yam yam de woke, yusef ɛn usai yu dae.

## Wɛtin kin mɛk pɔrsin get lyte ed?

E klia say fɔ mɛk pɔrsin get ala ala trik, na di ɔse wae i kɔmɔt. Dis ɔs fiba ɔda kayn sik dem, lɛk shuga sik ɛn hart kɔmplayn.

Wi no sae ala ala trik na wae pɔrsin dae mɛk lɛk udat nɔr get sɛns.

Dem bahd wae fɔ luuk afta pikin, wae yu lɛfam to inseq, wae i nɔr de nia pɔrsin wae fɔ luuk ɔba ram fayn kin lid to dem prɔblem ya, mɔr lɛk da pasmak lɛf wae yu kin lɛf pikin to inseq. Uman dɛn kin get dis fityai trik pas man.

## Uskayn tritment dae?

De difrɛn kayn tritment fɔ dis dɔkunu sik dɔn de big. Dɛn kin gi tritment

aködin to de kayn Dökunu sik wae pörsin get.

Dökunu fiba lek öda kres siknes. öldo de sik kin badöf, böt pörsin kin aybul bia

Lek so, börku tink-tink fiba lek wae yu de fös pörsin fö kip to inşef tu-möch, fiba wit wae pörsin nöf kin fil guud böt inşef en de frayd krowd. Aw di difren ököunu den fiba, na saym wae so di tritment den fiba.

Dis ala ala kin men wae pörsin teik tritment wae de men öltin böt in hade. Dis (DBT) na tritment wae de fö men kontrol wetin yu mynd de tel yu fö du, i dae tri fö kontrol yu filin en hart. i de şhök pipul dem aw fö kontrol dem hart en lan bak aw dem fö dae wit öda pörsin.

Wan guud tin wae wi kin lek pan tritment fö pipul wae get ala ala trik na fö teik kontrol en tap fö du bahd to den şef en kil den şef. DBT kin men dis problem wae den kin wan teik den yone lyfe.

De sabi fö men ököunu dae en dae masta sabi dae ad ötem. Fö köf bifo ram na de beştr tritment wae go ep yu.

fambul en padi, dem wae de şöfa from ököunu luuk konfuze en töment ötem. Wae yu gi den ep, lan böt de sik, döfn bak wae ölman na den köminiti no böt de sik, kin fayn fö men de sik.



## Usai fɔ go wae yu nid ɛp?

- Yu dɔkta (dat na yu GP)
  - Yu kɔminiti hɛlt sɛnta
  - Usai dɛn kin mɛn krɛs na yu kɔminiti
- Fɔ mɛk yu no mɔr bɔt de sai dɛn wae de fɔ go, chek usai dɛn kɔl kɔminiti ɛp ɛn de ɔda sai wae de kia bɔt wi, yu kin gɛt dɛm ɔltɛm ɛn dɛn nɔmba de usai wi kin wach fɔ tɛlifɔne nɔmba na ya so.

If yu go lɛk pɔsin fɔ intaprit fɔ yu, kɔl (TIS) pan dis nɔmba 13 14 50

If yu wan kwik sai fɔ tɔk to pɔrsin bɔt yu trɔbul, go or kɔl da sai wae naym Lyfelyne (LifeLine) pan 13 11 14. Lyfelyne kin gi ɔda sai dɛn fɔ kɔl ɛn dɛn go tɛl yu bɔrku ɔda tin fɔ no ɛn ɛp yu.

Borku oda tin de for no na:

[www.mmha.org.au](http://www.mmha.org.au)

[www.mifa.org.au](http://www.mifa.org.au)

[www.sane.org](http://www.sane.org)

Insert your local details here

## Wɛtin fɔ no bɔt dis aypa

Dis paypa ya de wit bɔrku ɔda paypa dɛn wae ryte bɔt krɛse sik ɛn na ɔstraylia (Australia) govment gi de kɔpɔr wae dɛn de tri fɔ fet krɛs biznɛs na de ɔle kɔntri.

Oda paypa way dɛn don rite bot dɛn same kayn tin na dɛn wan ya so:

- *Wɛtin na krɛse sik?*
- *Wɛtin na da frayd frayd sik?*
- *Wɛtin i min wae yu muud nɔr stɛdi?*
- *Wɛtin dɛn min wae yu hart pwɛl ɔltɛm?*
- *Wɛtin na krai-bɛlɛh ɔr angri-bɛlɛh?*
- *Wɛtin na Haflahun?*

Yu kin get dɛn paypa ya for natin na Wel hade ɛn woke man biznɛs Way na sai for di Australian govment Dipatment for wel bodi ɛn ole pipul biznɛs

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[www.health.gov.au/mentalhealth](http://www.health.gov.au/mentalhealth)

fɔ gɛt ɔda kɔpi insai ɔda pipul dɛn langwayg, kɔl Mɔltikɔltchoral Mental Hɛlt na ɔstraylia (Multicultural Mental Health Australia) ya so pan dis nɔmba: (02 ) 9840 3333 [www.mmha.org.au](http://www.mmha.org.au)