Psychology

Student’s Name

Institutional Affiliation

Date

Psychology 3

1. **This will test your anxiety level and patience! Take the activity test entitled The Personality Type A or B.pdf Preview the document to want you to write about your experience with this activity and what you learned about yourself. This is a self-analysis so be as complete and honest as possible.**

After taking the test, I received a 207 score on my test and this makes sense for me. I am ambitious, organized, proactive and status-conscious. In many cases, I always like multitasking as I set a strict deadline and work hard to meet those deadlines because of an inner driving force. I also have a tendency of taking more than I can handle and then spend most of my time working on the additional work and complete them on time (Jenkins, Ayzanski, Rosenman, 1971). I always become impatient when delayed by people or other things that require me to wait for long for them to be accomplished.

I am also very sympathetic, truthful and always ready to help other people. I am very friendly and care about other people. However, I cannot spend time with my friends chitchatting about things that do not add value to our lives. Lazy days are not my favorite days because I am goal-driven and always motivated to work hard.

1. **What symptoms of the individuals in this video support Borderline Personality Disorder?**

Borderline personality disorder always affects the way people feel about themselves, their behaviors and their relationship with people around them. Symptoms of the individuals in this video that supports Borderline Personality Disorder include developing a pattern of uneven intense relationships such as romanticizing their partners at a particular time then sudden changes occur in the way they view their partners and establish a belief that that person does not care enough for them or viewing their partners as being cruel towards them.

Some of them developed inappropriate behaviors such as intense anger like losing their tempers frequently, being bitter or sarcastic. One of the individuals stated that when she felt angered by a friend, she decided to write a letter to the friend using her own blood. Some of the people in the video stated that they experienced periods of stress-related paranoia and losing contact with reality which lasts for sometimes before they come back to their senses (MentalHealthFred, 2016). Other symptoms showed by the individuals in this video that supports Borderline Personality Disorder include having impulsive or risky behaviors such as reckless driving, drug abuse, having unsafe sex and interrupting their success by abruptly quitting their job, ending a positive relationship and having suicidal thoughts.

1. **Watch the video on the video Interview with Tommy Lee Sells which is pretty chilling. Click on Mind of a Killer in Blue letters to open. How would you diagnose him and support your diagnosis with examples of his symptoms?**

Using the symptoms of Tommy Lynn Sells I diagnose him with psychopathy. Some of the symptoms showed by Tommy Lynn Sells include lack of remorse or guilt. Sells states that he does not like using terms such as sorry or love. He does not feel guilty by the act of killing people and after killing one person, he feels relieved. Sells also has a promiscuous sexual behavior.

 Most of Sells victims were women and young girls (ABC News, 2010). He raped most of his victims before killing them. Sells had a constant need for stimulation. Being that he was a serial killer, he was also being stimulated by killing people and this developed over time and he was forced to kill frequently for him to be stimulated more or for a long time.

References

ABC News (2010). Tommy Lynn Sells - The Mind of a Psychopath | Nightline | ABC News. <https://youtu.be/6V7EL-Yg8Gg>.

Jenkins, C. D., Zyzanski, S. J., & Rosenman, R. H. (1971). Personality type A/B. http://www.psych.uncc.edu/pagoolka/TypeA-B-intro.html

MentalHealthFred (2016). Back from The Edge - Borderline Personality Disorder. <https://youtu.be/q4X_h3Bb8Ks>.