

AGATA GOŁAŚ

## **Analogies between pathologies of personality**

**ABSTRACT.** This article aims to discuss personality disorders with particular emphasis on anankastic (obsessive-compulsive) and antisocial personalities, analyzing them from medical, psychological and dialogical perspectives. By seeking analogies between these personality types and indicating similarities and differences in their aetiologies, their pathomechanisms and clinical pictures, the author tries to find the common ground that might become a starting point for reflections on the diagnostic and above all therapeutic perspectives. From these reflections a space emerges for the philosophy of dialogue and possibilities of applying its premises to effective therapeutic work with patients in whom personality disorder causes suffering or impairs or even paralyzes their effective functioning.

**KEY WORDS:** analogy, anankastic, obsessive-compulsive, antisocial, personality disorder, philosophy of dialogue,

### **1. Introduction**

“Better is the enemy of good” – this common saying may be a motto to describe the day to day functioning of an individual with a compulsive-obsessive disorder. This motto determines the standards for their actions and tasks undertaken, at the same time being a specific type of curse that makes functioning in interpersonal relationships difficult by contributing to a considerable level of distress, or even suffering, which they frequently attempt to shut out by taking up a multitude of activities that may overcome this suffering. Thus, a self-perpetuating obsessive vicious circle seems impossible to be broken unless long-term therapy and systematic work on self-development are initiated. However, the one element that seems indispensable is self-control – and what can be done if it is this very