

Histrionic Personality Spectrum

The histrionic personality spectrum consists of Mild and Moody, Moderate and Theatrical, and HPD. It is critical to identify where your client is emotionally, how he or she sees his or her world, and what his or her subsequent reactions to it are, which can seriously impact socioeconomic functioning and therapeutic success. The Emotional Spectrum Worksheet, which follows, is designed to help the client by encouraging insight into his or her emotional and interpersonal reactions. The three components along this spectrum have several factors in common that can assist you, the therapist, in determining strengths and weaknesses, as well as emotional outlook of your client. Each factor is listed on the Emotional Spectrum Assessment. These factors include the following:

- **Impulsivity**
- **Need for attention**
- **Suggestibility**
- **Sociability**
- **Pleasure orientation**
- **Self-knowledge**
- **Reality**
- **Self-restraint**
- **Mood stability**
- **Friendships**

Next Steps

Assessing each of these factors is critical to gauging therapeutic success with individuals on the histrionic spectrum. It is inherent when working with these individuals to realize that their emotions and interpersonal interactions will ebb and flow. Giving this worksheet at key times or on a continual basis can help identify how your client responds to his or her environmental expectations, stressors, and successes.

Results of this worksheet will be more extreme the further your client is along the histrionic spectrum. As therapy progresses and your client learns to attenuate histrionic spectrum impulses and responses, results will correlate by decreasing in severity.

Taken from the Antisocial, Borderline, Narcissistic, and Histrionic Workbook by Daniel J. Fox (2015)

Emotional Spectrum

Directions: Complete the Emotional Spectrum Worksheet to help you become more aware of your current emotions and keep track of changes across sessions. Be as honest as you can, and do not censor your responses. Each response represents how you feel right now.

Impulsivity



Need for Attention



Suggestibility



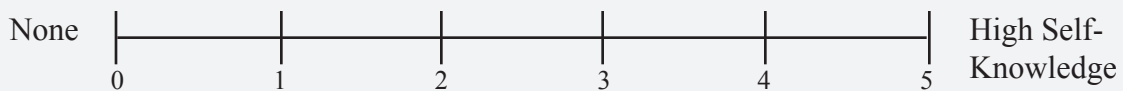
Sociability



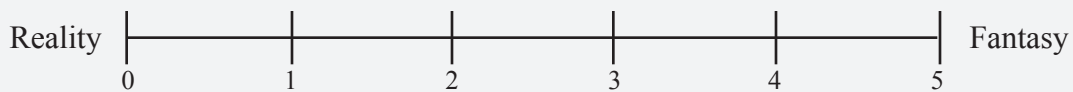
Pleasure Orientation



Self-Knowledge (How Well You Know Self)



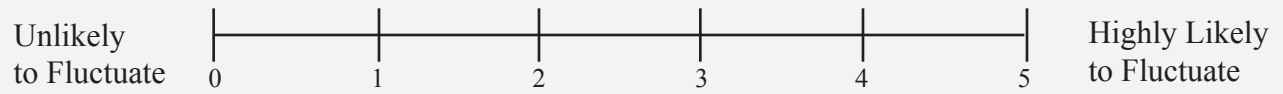
Reality (Grounded in What Is Real in Life)



Self-Restraint



Mood Stability



Friendships

