

The Grinch Who Stole Christmas!

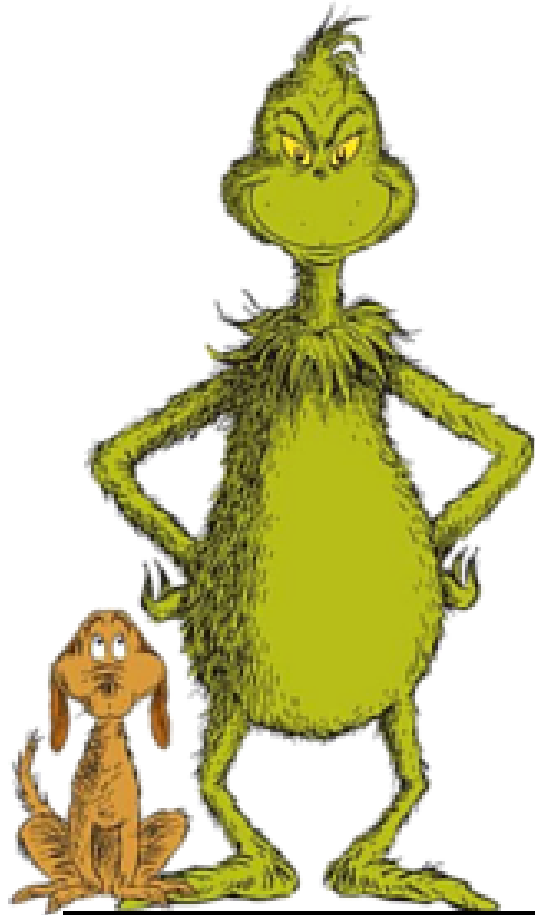
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The Grinch's Background

- ▶ Was picked on as a child and had no friends.
- ▶ He was very lonely and only had his dog Max.
- ▶ He appeared to be very mean but was really hurting on the inside.
- ▶ He hated Christmas because he felt like an outsider most of his life.
- ▶ He wanted people to feel the same pain he felt, which is why he wanted to ruin Christmas.





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Symptoms

- ▷ Grumpy
- ▷ Loud Outbursts
- ▷ Anger
- ▷ Mood swings
- ▷ No Friends
- ▷ Post traumatic stress

- There were times in the movie when the Grinch would reflect to his childhood. Particularly in the scene where he was in class with his other classmates as a young boy and tried shaving his face to impress a girl that he liked, but he had cut himself and had patches on his face. However the girl didn't seem too impressed by him at the time and the rest of his classmates made fun of him.



“The Grinches Diagnosis”

Antisocial Personality Disorder (ASPD)

Adjustment Disorder

Anti Personality Disorder



- He lacked empathy and completely disregarded the rights of others by breaking into their homes and stealing their gifts.
- He doesn't care about his plan to ruin Christmas bringing distress to everyone in "Whos in Whosville."
- He was also very angry and appeared to be mean to everyone. Being angry and aggressive are one of the symptoms of anti personality disorder.

Adjustment Disorder



- The Grinch hated Christmas and this caused major behavioral responses. Christmas was a huge trigger for him which led to his outbursts and disturbing performances throughout Whosville.
- Another example of Adjustment Disorder was his when the people in Whoville wanted to celebrate Christmas, he had a hard time adapting to them celebrating Christmas and the way they chose to live their lives. It made him very angry and it brought him a huge amount of stress and disorderly conduct.

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Treatment for Anti Personality Disorder

Due to Anti Personality Disorder being a difficult diagnosis to treat there are very few options. Most people who have this disorder involuntarily seek help and make it hard for others to be there for them as well. Because they are normally forced into seeking help, normally they don't finish their treatment. Cognitive Behavioral strategies are often used to help with reconstructing their brains. This helps to change thought patterns which can be beneficial to persons dealing anti personality disorder.

Treatment for Adjustment Disorder

- ▶ Adjustment disorder is usually linked to a specific thing that may be bothering a person. Normally when this happens it can cause major stress and maybe even anxiety to that person. Cognitive behavioral therapy would also be good to treat people with Adjustment Disorder because it can help them identify what's causing the stress and it can also help them find a better way of dealing with it as well.



More information on Anti Personality Disorder

- ▶ As stated in our textbooks, Anti Personality Disorder is extreme disregard and rights for other people. Some people are also viewed as psychopaths or sociopaths. The Grinch demonstrated these characteristics in a series of events that included him lashing out on others around him and being very aggressive. People who deal with anti personality disorder can show these signs as well. It is important for individuals to take the necessary steps to ensure their safety as well as others around them.

The background of the slide features a close-up of the Grinch's face. He has a grumpy, slightly angry expression with furrowed brows and a small, downturned mouth. The image is partially obscured by a dark blue diagonal band that runs from the top left towards the bottom right. The overall color scheme is dominated by shades of green and blue.

More Information on Adjustment Disorder

Adjustment disorder is linked to one or more situations that may occur that causes a significant effect to a person's ability to be able to function normally.

Reference Page

- ▶ Bridley, A., & Daffin, L. W. (2022). *Fundamentals of psychological disorders* (3rd edition). Washington State University.
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- ▶ Meloy, J. Reid, and ABPP Jessica Yakeley. "Antisocial personality disorder." *A. A 301.F60* (2011): 2.