

# **PARANOID IDEATION**

1. Extreme or consistent distrust of others generally or someone specifically without sufficient basis.
2. Expectation of being exploited or harmed by others.
3. Misinterpretation of benign events as having threatening personal significance.
4. Hypersensitivity to hints of personal critical judgment by others.
5. Inclination to keep distance from others out of fear of being hurt or taken advantage of.
6. Tendency to be easily offended and quick to anger: defensive behavior.
7. A pattern of being suspicious of loyalty or fidelity of spouse or significant other, without reason.

## **LONG TERM GOALS:**

1. Show more trust in others by speaking positively of them and reporting comfort in socializing.
2. Interact with others without defensiveness or anger.
3. Verbalize trust of significant other and eliminate accusations of disloyalty.