

## INDEX

- Ability to reason, 63, 66, 93  
Abstract thought, 7–8  
Abuse, childhood, 34–35, 85, 106, 121, 199  
Accommodation for paranoid individuals, 206–8  
Activism and paranoia, 30–31  
ADHD (attention deficit hyperactivity disorder), 168  
Adolescents: differential diagnosis in, 173; incorrect medication and, 172; as paranoid individuals, 89; parents and, 199; teachers and, 90  
Adult paranoia, causes of, 115  
Affect, flattened, 11  
Affective disorders, 11, 64–65, 170, 171, 229  
Affirmation, risk of excessive, 166  
Affirmative psychotherapy, 159–67  
Age and violence, 82  
Alcoholic hallucinosis, 122  
Alertness for danger, 71  
Aloofness, 47–48, 59, 86  
Analytic-style neutrality, 182  
Anger: management of, 226, 228–33; as paranoia of everyday life, 70; paranoid individuals and, 10–11; passive-aggressives and, 120–21; sublimation of, 148  
Antagonism, 46–47, 183  
Antianxiety medication, 165–66, 168–69, 169, 176, *See also* anxiolytics; benzodiazepines  
Anticholinergics, 175  
Antidepressant medication, 168–70, 172–73, 175–76, 236  
Antipsychotic medication, 166, 167, 175  
Antisocial behavior, 91  
Anxiety, 123–29  
Anxiolytics, 167  
Appearance: of health, 55, 63–64, 155; involuntary hospitalization and, 95; of paranoid individuals, 3–6  
Argumentativeness: avoidance of, 221–22; caretakers and, 203; in covert paranoia, 61; as paranoia of everyday life, 70; in paranoid personality disorder, 56  
Assignments: in schematherapy, 157  
Associates of paranoid individuals, contact with, 164  
Associations, loosening of, 7  
*Attaqués*, 36  
Attention deficit hyperactivity disorder (ADHD), 168  
Attitudes about paranoid individuals: dehumanization of, 219; discrimination against, 216; rejection of, 86, 202; by society, 90, 99–102, 105–6; by therapists, 64–67  
Attorneys, 72, 78  
Atypical antipsychotic medication, 167, 175  
Auditory hallucinations, 38–39  
Authority, 88, 89  
Avoidant personality disorder, 165, 168, 180, 201  
Behavioral causality, 138–39  
Behavior in paranoid individuals: antisocial, 91; appearing healthy, 155; attributable to paranoia, 198–99; calculating, 55–56; changes in, 9–11; criminal, 93; evaluation of, 77–78; good, 14–15; homicidal, 172; provocative, 58; suicidal, 96–97, 172; violent, 81–90, 177  
Behaviors to avoid with paranoid individuals: acting as parental substitute to, 184–85; antagonism of, 183; contact with associates of, 164; criticism, 214–15; dehumanization of, 219; devaluation of, 214; excessive affirmation, 166; exploitation of, 223; humiliation, 213–14; prolonged eye contact with, 87; seductiveness with, 110, 184; sharing of personal experiences, 184; spontaneity, 163; surprise, 183, 202  
Benzodiazepines, 175, 230–31  
Betrayal and paranoid individuals, 220–21  
Bigotry as paranoia of everyday life, 72  
Bipolar disorder, 30, 170–71  
Bizarre delusions, 20  
Blaming tendencies, 24, 42–44, 58, 118–19, 124  
Borderline delusions, 8, 19  
Borderline personality disorder, 48, 174  
Calculating behavior, 55–56  
Capgras syndrome, 35

- Caretakers: behavior therapy and, 157–58; therapeutic suggestions for, 90, 197–212, 224
- Catastrophizing and depressive ideation, 135
- Causality, cognitive-behavioral, 131–38
- Causes of paranoia: criticism, 106–7; encouragement to act out, 110–11; excessive control, 109; family role in, 106–15; hypermoralism, 108–9; psychodynamics of, 117–30; societal role in, 105–6; trauma, 106; unfair treatment, 107–8; violence, 86
- Caveats for therapists, 179–88
- Character Analysis* (Reich), 80
- Characteristic traits of paranoid personality disorder, 3–16, 24, 57–60
- Characterological traits and prognosis, 192
- Character pathology and coping mechanisms, 149
- Childhood abuse, 34–35, 85, 106, 121, 199
- Children and incorrect medication, 172
- Circumstantiality, 7
- Clarity with paranoid individuals, 217–18
- Classic delusions, 78
- Clinical paranoia, 74
- Clozapine, 167
- Cognitive-behavioral therapy: behavioral methods, 154–57; cognitive methods, 151–54; overview of, 151; techniques, 152–54
- Cognitive causality, 131–38
- Cognitive deficiencies/incapacities, 134
- Cognitive errors, 131–38, 152–54, 202, 226, 235–36
- Cognitive restructuring, 157
- Cognitive therapeutic approaches, 144
- Coldness, 86
- Combativeness, 80–81
- Communication clarity with paranoid individuals, 217–18
- Competency to stand trial, 94–95. *See also* insanity defense
- Complaints, appropriate, 187–88
- Compliments, 163, 204
- Computer hackers, 80
- Concealment of paranoia, 236–37
- Concrete thought, 7
- Conflict: identification in therapy, 146; projection as resolution to, 126–27; reduction of, 147; symptom formation and, 123–29
- Confrontations: avoidance of unsupportive, 151–52; caretakers and, 203; with paranoid individuals, 221–22, 222; in schematherapy, 157
- Confusion, projective, 125
- Conspiracy theories, 74
- Contact with associates of paranoid individuals, 164
- Contentiousness as paranoia of everyday life, 70
- Context illumination in therapy, 145, 148
- Controlling parents as cause of paranoia, 109
- Coordination between therapists, 175–76
- Coping mechanisms, identification of, 149
- Couch therapy vs. face-to-face, 145–46, 181–82
- Counterparanoia, self-directed, 237
- Countertransference, 149. *See also* transference
- Covert paranoia, 61–69
- Crackpot ideas as paranoia of everyday life, 76–77
- Creativity, 78
- Criminal acts: culpability, 92–93; as outcome of paranoia, 98; paranoia as restraining factor, 93
- Criticism: of adolescents, 89; as cause of paranoia, 106–7; literary, 71–72; as paranoia of everyday life, 70; response to, 214–18, 227–28; as violence provocation, 87
- Culturally determined delusions, 36
- Culturally shared false beliefs, 74
- Curse words, use of, 6
- Danger, alertness for unsuspected, 71
- Deceit, 7, 164, 211, 220–21
- Defenses and symptom formation, 123–29
- Defensive projection, correction of, 235
- Delirium tremens, 122
- Delusional disorder: characteristics of, 17, 19–22; clozapine and, 167; functional impairment in, 22; hallucinations and, 38, 189; involuntary hospitalization, 95; misdiagnosis of, 26, 170; symptom activation, 121
- Delusional enemies, external, 9–10
- Delusional ideation, 8, 21, 74
- Delusional misidentification syndrome, 35–36
- Delusions: concealment of, 62–63; context for, 145; definition of, 17; depression and, 29; evolution of, 24–25; existential component of, 128–29, 129;

- Delusions (*continued*): homosexual fantasies and, 122; illustrations of, 17–18; mental illnesses and, 19–22; Munchausen's disorder and, 29; prognosis with, 192; reality testing, 179; reclassification of, 14; therapists and, 161
- Delusions, types of: bizarre and nonbizarre, 19–20; borderline, 8; classic/standard, 78; culturally determined, 36; erotomanic, 32–34, 129, 219; first rank, 22–23; grandiose, 29–32, 124, 129, 200–201; hypnogogic and hypnopompic, 133; hypochondriacal, 28–29; of jealousy, 27–28, 87, 125, 158, 199; litigious, 34–35, 129, 219; multiple, 19; of persecution, 26–27, 30, 123, 124, 132, 189; of possession, 35–36; of poverty, 117–18; primary and secondary, 22–25; of reincarnation, 35; Schneiderian, 22–23; shared, 129; somatic, 17, 28–29, 124
- Denial as component of projection, 123–24
- Depot medication, 186
- Depression: clinical, 74; compensation for, 5; delusions and, 19, 29; depressive ideation, 135; of everyday life, 74; negative impulses in, 14; in paranoid personality disorder, 54–55, 167, 169–70; withdrawal, 173
- Devaluation of paranoid individuals, 214
- Diagnoses, differential: in adolescents, 173; affective disorder, 64–65; attention deficit hyperactivity disorder (ADHD), 168; avoidant personality disorder, 168; bipolar disorder, 170–73; covert paranoia, 61; delusional disorder, 170; depression, 5, 11, 169–70; paranoid schizophrenia, 170–73; personality disorders, other, 172; posttraumatic stress disorder, 168–69; schizophrenia, 172
- Diagnosis of paranoia, 64–68, 170–71, 172, 201. *See also* differential diagnoses; missed paranoia
- Diagnostic assessments and insanity defense, 98
- Dichotomous thought, correction of, 153
- Differential diagnoses: in adolescents, 173; affective disorder, 64–65; attention deficit hyperactivity disorder (ADHD), 168; avoidant personality disorder, 168; bipolar disorder, 170–73;
- Differential diagnoses (*continued*): covert paranoia, 61; delusional disorder, 170; depression, 5, 11, 169–70; paranoid schizophrenia, 170–73; personality disorders, other, 172; posttraumatic stress disorder, 168–69; schizophrenia, 172
- Diplomacy with paranoid individuals, 218–19
- Direct educational methods, 156–57
- Discrimination and paranoid individuals, 216
- Dishonesty, 7, 164, 211, 220–21
- Dishonor as violence provocation, 88
- Disorder of mood vs. mood disorder, 11
- Displacement as component of projection, 124
- Dissociation, 10–11, 36, 125
- Distorted ideation, 222–23
- Distortion, retrospective, 137
- Distortive crises, 157, 158
- Distrust as paranoia of everyday life, 70
- Domestic violence in paranoid individuals, 87
- Drug cocktails, 175
- Early experience and cognitive errors, 132
- Eccentricity, 79–80, 228
- Eclectic approach to therapy, 157
- Educational level and culturally determined delusions, 36
- Egocentric approach to life and personalization, 137–38
- Embarrassment: and adolescents, 89, 215–16; of paranoid individuals, 213–14; paranoid individuals and, 162; paranoid personality disorder and, 55
- Emotional stability, loss of, 10
- Emotions and cognitive errors, 132
- Empathy, hypertrophied, 125
- Encouragement to act out as cause of paranoia, 110–11
- Enemies, external delusional, 9–10
- Episodic nature of paranoia, 66–67
- Erotomanic delusions, 32–34, 123, 129, 219
- Erratic parents as cause of paranoia, 110
- Errors of selective abstraction, correction of, 154
- E-therapy, 96
- Evasiveness, 41
- Evil as paranoia of everyday life, 70
- Evolution of paranoid delusions, 24–25
- Exercises in therapy, 157
- Exploitation of paranoid individuals, 223

Exposure techniques, 165, 180–81  
 External delusional enemies, 9–10  
 Externalization process, 127–28  
 Eye contact, prolonged, with paranoid individuals, 87  
  
 Face-to-face therapy vs. couch, 146, 181  
 False beliefs, 4, 8  
 Family role in causing paranoia, 106–15  
 Fanaticism, narcissism as origin of, 118  
 Feuding individuals, 46  
 Financial exploitation of paranoid individuals, 223  
 First rank delusions, 22–23  
 Flat affect, 11  
 Ford, Gerald, and Schadenfreude, 136–37  
 Forensic psychiatrists, 97–98  
 Free will and forced medication, 95  
 Friends, suggestions for choosing, 226  
  
 General public: paranoid individuals and, 90; role in causing paranoia, 105–6; view of mental illness, 99–102  
 Grandiose delusions, 29–32, 124, 200–201  
 Grandiosity: cognitive errors associated with, 131–32; definition of, 24; in development of paranoid process, 118; overly indulgent parents and, 112; in paranoid personality disorder, 51–52, 190; persecutory ideas and, 30; proselytism and, 30–31; self-esteem and, 31–32, 226–27  
 Grief, 55  
 Guilt, 11, 44, 112–13, 182  
  
 Hallucinations, 37–39, 133, 189, 192  
 Haughtiness, 70  
 Help, when to request, 224  
 Heterosexuality, 123, 148  
 Hidden paranoia, 61–69  
 Histrionic personality disorder, 19, 75  
 Hitler, overvalued ideas and, 37  
 Holidays, 229  
 Homework assignments in therapy, 152, 157  
 Homicidal behavior, incorrect medication and, 172  
 Homosexuality, 122–23, 148  
 Honesty, 7, 164, 211, 220–21  
 Hospitalization, 95, 186–87  
 Humiliation: and adolescents, 89, 215–16; of paranoid individuals, 213–14; paranoid individuals and, 162; paranoid personality disorder and, 55  
  
 Humor, prognosis with sense of, 193  
 Humoring paranoid individuals, 208–9  
 Hypercritical tendencies, 44–45, 63  
 Hyperexcitability and antidepressants, 172  
 Hypermnesia, 15  
 Hypermoralism as cause of paranoia, 108–9  
 Hypersensitivity, 57, 192, 203  
 Hypertrophied empathy, 125  
 Hypervigilance, paranoid, 54  
 Hypnogogic and hypnopompic delusions/hallucinations, 133  
 Hypochondriacal delusions, 28–29  
 Hypocrisy as paranoia of everyday life, 71  
 Hypomnesia, 15  
  
 Ideas: crackpot, 76–77; false nondelusional, 8; grandiose, 31–32; overvalued, 37, 74, 76, 189; persecutory, 26–27, 30, 123, 124, 132, 189; of reference, 36–37, 77  
 Ideation: delusional, 8, 21; depressive, 135; distorted, 222–23; paranoid, 199  
 Identification as component of projection, 124–25  
 Illogic: caretakers and, 222–23; cognitive-behavioral therapy and, 151; as paranoia of everyday life, 71; in paranoid personality disorder, 52–54  
 Illumination of interpersonal context, 148  
 Illusions, 39  
 Imagery exercises in therapy, 157  
 Immaturity, 85  
 Impulsivity, 85  
 Induced paranoia, 155  
 Injustice collection, 45–46, 135, 233  
 Insanity defense: applicability of, 92; legal viewpoint, 98–99; length of punishment/treatment, 101–2; psychiatric viewpoint, 91–98, *See also* competency to stand trial  
 Insight, 12–14, 155, 191  
 Intelligence, 15, 36  
 Intermittent retraumatization, 121  
 Interpersonal context, illumination in therapy, 148  
 Interpersonal events and cognitive errors, 132–33  
 Interpersonal-social aspects of paranoia, 79–81  
 Interpersonal theorists and delusional patients, 144  
 Intrusiveness of paranoid individuals, 59  
 Involuntary hospitalization, 95  
 Irrascibility/irritability, 50

- Jealousy, delusions of, 27–28, 87, 125, 158, 199
- Journal keeping as reality check, 233–34
- Judgment, 14–15
- Junk science as paranoia of everyday life, 71
- Kleinian paranoid position, 83–84
- Koro disorder, 36
- Legal standards for incompetency, 94
- Limits, establishment of appropriate, 204–6
- Literary criticism as paranoia of everyday life, 71–72
- Literature on violence, 83–86
- Lithium, 170, 173
- Litigation and paranoia of everyday life, 72
- Litigious delusions, 34–35, 124, 129, 219
- Litigious paranoia, 34–35, 80, 123, 137–38
- Logical shock, 138
- Loosening of associations, 7
- Love, suggestions regarding, 233–34
- Manic patients, 188
- Manifestations of paranoia, tendency to overlook, 64–67
- Manipulation, 58, 120, 132, 174
- Masochism, 50, 119, 192, 220
- Mates who cheat, prognosis with, 193
- Medical theories, quack, 77
- Medication: acceptance of, 236; antianxiety, 165–66, 168–69, 176; antidepressant, 168–70, 172–73, 175–76, 236; antipsychotic, 167, 175; depot, 186; drug cocktails, 175; forced, 95, 96–97; incorrect, 172; mood-stabilizing, 170, 175, 176; noncompliance with, 185–86; psychotropic, 96
- Memory, 15
- Mental illness and role in violence, 84
- Misdiagnosis of paranoia, 64–68, 170–71, 172, 201, *See also* differential diagnoses
- Missed paranoia, 61–69, *See also* differential diagnoses; misdiagnosis of paranoia
- Mixed personality disorder, 174
- Mood disorder vs. disorder of mood, 11
- Mood-stabilizing medication, 170, 175, 176
- Morality, excessive, 44
- Morbid jealousy, 27–28, 87, 125, 158, 199
- Multiple delusions, 19
- Multiple personality disorder, 36
- Munchausen's disorder, 29
- Myths about paranoia, 66, 143, 199, *See also* attitudes about paranoid individuals
- Myths as paranoia of everyday life, 74
- Narcissism: caretakers and, 200–201; narcissistic personality disorder, 174; as origin of cognitive errors, 132; as origin of paranoid blaming and fanaticism, 118; in paranoid personality disorder, 51–52, 58, 117–18; personalization and, 137; prognosis with, 190
- Negative points of view and selective abstraction/attention, 135
- Neutrality, analytic-style, 182
- NGRI (not guilty by reason of insanity): applicability of, 92; legal viewpoint, 98–99; psychiatric viewpoint, 91–98, *See also* competency to stand trial
- Nonbizarre delusions, 20
- Nondelusional false ideas, 8
- Normal and pathological individuals, distinguishing between, 77–78
- Not guilty by reason of insanity (NGRI): applicability of, 92; legal viewpoint, 98–99; psychiatric viewpoint, 91–98, *See also* competency to stand trial
- "Not me" world view, 127
- Obsessions, 14, 22–23
- Obsessive-compulsive disorder, 169
- Obsessive-compulsivity: borderline delusional beliefs and, 19
- Obtundation and cognitive errors, 133
- Opportunism and cognitive errors, 132
- Organic disorders and cognitive errors, 133
- Othello syndrome*, 18
- Overgeneralization and selective abstraction/attention, 137
- Overreactivity, 24
- Overvalued ideas, 37, 74, 76, 189
- Paranoia: adult onset, 115; causes of, 86, 106–15, 117–30, 155; characteristics of, 57–60; classification of, 21; clinical, 74; concealment of, 236–37; episodic nature of, 66–67; of everyday life, 70–77, 197; interpersonal-social aspects of, 79–81; prevention of, 113–14; symptom formation, 117–20, 123–29; "touch of," 69; violence and, 81–90

- Paranoiagenesis, 106–15, 139
- Paranoid: assertions, 222; blaming, 24, 42–44, 58, 118, 119, 124; delusions, 24–25; dereality, 112; ideation, 14–15, 21, 93, 199
- Paranoid individuals, therapeutic suggestions for, 225–37
- Paranoid personality disorder: characteristic traits of, 24; definition of, 41; delusions and, 19; as determinant of violent behavior, 85; misdiagnosis of, 64–65, 64–67, 170–71, 172, 201 (*See also* differential diagnoses; missed paranoia); recidivism, 199; therapeutic goals for, 165; thought processes in, 7; unconnected to delusional disorder, 26
- Paranoid schizophrenia: competency to stand trial and, 94; decompensation into, 189; delusions with, 19; diagnosis, 172; misdiagnosis of, 170; thought processes in, 7
- Paraphrenia, 19, 21
- Parental substitutes, risk in acting as, 184–85
- Parents as cause of paranoia, 106–15
- Parkinsonism, 175
- Passive-aggressiveness: paranoid anger and, 121; in paranoid individuals, 58; paranoid violence and, 86; in spouse, 193
- Passive-aggressive personality disorder, 174
- Passive-aggressive sadism, 48–49
- Paxil, 172
- People to avoid, suggestions for paranoid individuals, 226
- Perfectionism and paranoid blaming, 119
- Persecutory ideas/delusions of persecution, 26–27, 30, 123, 124, 132, 189
- Personality disorders: avoidant, 165, 168, 180, 201; borderline, 48; histrionic, 19, 75; mixed, 174; multiple, 36; narcissistic, 174; paranoid, 56; passive-aggressive, 174; psychopathic, 174. *See also* paranoid personality disorder
- Personalization, 52, 71, 137–38, 154
- Personal responsibility in therapy, 157
- Pessimism, 47, 55
- Pet peeves, management of, 148–49
- Pharmacotherapy: differential diagnosis in, 167–74; noncompliance with, 96; psychotherapy and, 175–77, 236;
- Pharmacotherapy (*continued*): resocialization and, 165–66. *See also* specific drugs and drug types
- Phenothiazines, 121, 167, 170, 172–73, 175
- Phobias, social, 165, 168, 180, 201
- Physical appearance, 3–6, 63–64
- Pimazole, 67
- Pimozide, 167
- Politicians, 72
- Pollyanna paranoia, 174
- Positive feedback, 160
- "Positive silent treatment," 157
- Posttraumatic stress disorder (PTSD), 45–46, 168–69
- Predictability, need for, 165
- Pressure to succeed as cause of paranoia, 109
- Prevention of paranoia, 113–14
- Primal scream therapy, 182
- Primary delusions, 22–25
- Prognosis and characterological traits, 190–93
- Projection: components of, 122–25; as conflict resolution, 126–27; as defense mechanism, 122–29; defensive, 235; delusions and, 27–28; in therapy, 148
- Projective confusion, 125
- Proselytism, 30–31
- Protoparanoic characterological traits and prognosis, 192
- Provocation, 58, 200
- Prozac, 172
- Pseudovictims, 59–60
- Psychiatrists, forensic, 97–98
- Psychodynamic causes of paranoia, 117–30
- Psychodynamic/interpersonal approaches, 143–50
- Psychopathic personality disorder, 174
- Psychopathic trends and reality distortions, 119
- Psychotherapy and pharmacotherapy, 175–77
- Psychotropic medication, noncompliance with, 96
- PTSD (posttraumatic stress disorder), 45–46, 168–69
- Public, general: paranoid individuals and, 90; role in causing paranoia, 105–6; view of mental illness, 99–102
- Punishment/treatment, length of with insanity defense, 101–2
- Quack medical theories, 77

Radical solutions proposed by paranoid individuals, 59  
 Rage reaction, 6, 82, 83, *See also* road rage  
 Rationalization, 125–26, 133, 138  
 Reaction formation as component of projection, 123–24  
 Reality distortions: psychopathic trends and, 119; to support delusional view, 138  
 Reality testing: difficulties for paranoid individuals, 12–14; with paranoid individuals, 179–80; by seminormal individuals, 74; in therapy, 161–62; through journal keeping, 233–34  
 Reasoning ability, 66, 93  
 Reassurance of paranoid individuals, 162, 205, 209–11  
 Reattribution as component of projection, 124  
 Recidivistic patients, 187  
 Regression therapy, 182  
 Reich, Wilhelm, 80  
 Reincarnation, delusions of, 35  
 Rejection of paranoid individuals, 86, 202  
 Relationships: choices by paranoid individuals, 139; contact with acquaintances of paranoid individuals, 227; with paranoid individuals, 59; paranoid personality disorder and, 47; suggestions for paranoid individuals, 227–28  
 Religious influences and shared delusions, 129  
 Remoteness, 4  
 Removal, protective, 154–55  
 Repression as component of projection, 122–24  
 Resocialization, 165–66  
 Respect for paranoid individuals, 203–4  
 Responsibility for treatment, 157, 185–86  
 Retraumatization, intermittent, 121  
 Retrospective distortion as cognitive error, 137  
 Rigid morality, 44  
 Risks with paranoid individuals: acting as parental substitute, 184–85; antagonism, 183; contact with associates of paranoid individuals, 164; criticism, 214–15; dehumanization, 219; devaluation of, 214; excessive affirmation, 166; exploitation, 223; humiliation, 213–14; prolonged eye contact, 87; seductiveness, 110, 184;

Risks with paranoid individuals  
*(continued)*: sharing of personal experiences, 184; spontaneity, 163; surprise, 183, 202  
 Risperidone, 167  
 Ritalin, 168  
 Road rage, 61, 87, 198–99, 215, *See also* rage reaction  
 Role-playing, 155–56  
 Romantic relationships, 230

Sadism, 119, 192, 219–20  
 Sadomasochism: definition of, 24; in development of paranoid process, 118–19; relationships based on, 219–20; tendencies in paranoid individuals for, 48–51  
 Schadenfreude, 48, 136–37  
 Schematherapy, 157  
*Schizoid personality disorder*, 26  
 Schizophrenia, 21, 171, 172  
 Schneiderian delusions, 22–23  
 Schumann, Robert, 193  
 Seasonal affective disorder, 229  
 Secondary delusions, 23–25  
 Secretiveness, 63, 82, 97  
 Seductiveness with paranoid individuals, 110, 184  
 Selective abstraction/attention, 135–37, 154  
 Selective memory, 15  
 Self-acceptance and self-awareness, 13, 180, 225–27  
 Self-analysis suggestions for paranoid individuals, 235–36  
 Self-control and self-protection, 14, 82, 155  
 Self-esteem, 31–32, 55, 161, 226–27  
 Semidelusional thought, 8  
 Seminormal individuals, 74  
 Sense of humor, prognosis with, 193  
 Sense of self, 180  
 Sensitivity toward others, 228  
 Sensory deprivation and cognitive errors, 133  
 Sensory illusions, 39  
 Sexual exploitation of paranoid individuals, 223  
 Sexuality: acceptance of, 225; repression of and paranoia, 122–23; in therapy, 148  
 Shared delusions: as paranoia of everyday life, 75–76; religious influence and, 129; in seminormal individuals, 74;

Shared delusions (*continued*):  
   sociocultural influences and, 129  
 Shared paranoia, 155  
 Silent treatment, 157  
 Social anxiety, 167  
 Social context illumination, 148  
 Social myths, 66, 228  
 Social phobias, 165, 168, 180, 201  
 Society: paranoid individuals and, 90; role  
   in causing paranoia, 105–6; view of  
   mental illness, 99–102  
 Sociocultural influences and shared  
   delusions, 129  
 Somatic delusions: blaming and, 124;  
   definition of, 17; description of, 28–29;  
   existential component of, 129;  
   Munchausen's disorder and, 29  
 Somatization in paranoid personality  
   disorder, 49–50  
 Speech, 6–9, 202–3  
 Splitting process and selective  
   abstraction/attention, 136  
 Spontaneity, 163  
 Standard delusions, 78  
 Standards for legal incompetency, 94  
 Stockholm syndrome, 35  
 Stubbornness, prognosis with, 192  
 Subjugated paranoia, 35  
 Subjugation, delusional, 35  
 Sublimation of anger: in  
   psychodynamic/interpersonal  
   approaches, 148  
 Submissiveness: and calming paranoid  
   individuals, 88  
 Suggestibility: as paranoia of everyday  
   life, 74–75  
 Suicidal behavior, 96–97, 172  
 Superstitions: as paranoia of everyday life,  
   77  
 Supportiveness: caretakers and, 202–3  
 Surprise, 183, 202  
 Suspiciousness, 41–42, 74, 167  
 Sympathetic discharge, excessive, 4  
 Symptom activation and delusional  
   disorder, 121  
 "Symptom disorder," 74, *See also*  
   seminormal individuals  
 Symptoms of paranoia, 117–20, 123–29  
  
 Tangentiality, 7  
 Tardive dyskinesia, 173, 175  
 Teachers, therapeutic suggestions for, 90,  
   200  
 Terrorism as paranoia of everyday life, 71  
  
 Therapeutic goals for paranoid individuals,  
   165  
 Therapeutic relationships: in  
   schematherapy, 157  
 Therapeutic sessions, 149, 160, 164  
 Therapeutic suggestions: for caretakers,  
   197–211, 224; for paranoid individuals,  
   225–37, 236; for teachers, 90, 200  
 Therapies: affirmative psychotherapy,  
   159–67; cognitive-behavioral, 151–58;  
   couch vs. face-to-face, 145–46, 181–  
   82; eclectic approach, 157;  
   modifications for paranoid individuals,  
   146; pharmacotherapy, 167–78; primal  
   scream, 182;  
   psychodynamic/interpersonal  
   approach, 143–50; regression, 182;  
   ventilation, 182  
 Therapists: analytic-style neutrality, 182;  
   caveats for, 179–88; coordination  
   between, 175–76; countertransference,  
   149; difficulties with paranoid  
   individuals, 188; discomfort of, 149–50;  
   responsibility for treatment, 185–86;  
   risks in sharing personal experiences,  
   184; use of behavioral exposure  
   techniques, 180–81  
 Thinking. *See* thought  
 Thought: abstract and concrete  
   processes, 6–8; correction of  
   dichotomous, 153; delusional, 179  
   (*See also* delusions); semidelusional,  
   8; von Domarus, 133–34, 153–54  
 Toxic insults and cognitive errors, 133  
 Toxic-organic states, 174  
 Traits, prognosis and characterological,  
   192  
 Traits characteristic of paranoid  
   personality disorder, 24  
 Transference, 58, 145, 147–48, 149, *See*  
   *also* countertransference  
 Trauma as cause of paranoia, 106, 121  
 Treatment: difficulties in, 187; elements of  
   eclectic approach, 144; goals for, 188;  
   responsibility for, 157, 185–86, *See*  
   *also* therapies; therapists  
 Trust, 163, 233–34  
  
 Unfair treatment, 107–8, 221  
 Unforgiving nature, 85  
 Universalization, 138  
  
 Vague speech, 6  
 Vengefulness, 59  
 Ventilation therapy, 182

Views about paranoid individuals:  
devaluation of, 214; discrimination  
against, 216; by society, 99–102; by  
therapists, 64–67

Violence: age and tendencies for, 82;  
causal role of paranoia in, 83–84; as  
cause of paranoia, 86; clinical  
relationship between paranoia and, 82,  
84; domestic, 87; iatrogenic, 177;  
literature on, 83–86; misdiagnosis and,  
177; paranoia and, 89; predisposition  
for, 81–82; prevention of, 89; as  
product of paranoid rage, 83;  
provocation of in paranoid individuals,  
86; as result of untreated illness, 83;  
trivial solutions to, 84

von Domarus thought, 133–35, 153–54

Willpower, 82

Withdrawal, 9–10, 47

World view, 127

Worry, suggestions for paranoid  
individuals, 234–35

Zen Buddhist approaches, 166