



**OCPD and the Extreme Male Brain Theory:
OCPD and Its Link to Aspergers Syndrome,
Schizoid Personality Disorder, Autism Spectrum
Disorder, and Schizophrenia (Transcend
Mediocrity Book 111)**

J.B. Snow

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Many of my readers email me with questions about OCPD. They often have a partner who has the traits of OCPD, and many are considering divorce. They try marriage counseling and a myriad of other 'cures' for OCPD, but their spouse is as stubborn as ever. They are in search of some relief to the negative traits of the OCPD spouse in their life.

This ebook seeks to explain the potential links between OCPD and Autism Spectrum Disorder, Asperger's Syndrome, and Schizophrenia. It touches base on Cohen's Extreme Male Brain theory, and what it means for people with OCPD. It correlates the traits of the former disorder with that of the latter disorders.

People with OCPD often struggle in a marriage. There are many reasons why this is true. Their critical nature often tends to wear on their partners. They become obsessive and compulsive about the neatness of the home, often complaining to their spouse and children if things are out of place. They are overly self-conscientious when they go out in public. They are often on autopilot, so they are generally forgetful. Others become deeply annoyed with an OCPD'er who rarely seems to pay attention or listen to them.

People with OCPD often have meltdowns if the rules or routine is changed. If the family intends to go to a movie and someone suggests stopping for dinner at the last minute, this can send an OCPD'er into a fit of rage. Many OCPD people are task-oriented and object-oriented. They must have symmetry in a room, or the visual presentation of the room will throw their mind into disarray. They feel like their brains are somewhat disorganized, and they may compensate for it by obsessively organizing everything else in their environment.

It is said that nearly 80% of people with ADHD and Autism Spectrum disorder experience a failed marriage, if they ever marry at all. Many people with Asperger's Syndrome are averse to marriage and relationships. Their level of overall emotional immaturity, social awkwardness, and task-orientation often leaves them feeling as though they won't be able to navigate through a marriage. People with Asperger's and Autism Spectrum Disorder are generally said to have difficulties with transitioning. They may have adjustment disorders throughout their lives, and it is no doubt that adjusting to someone living in their space is generally difficult.

What many people don't realize is that...

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Jennifer Crowe:

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