**Personality Disorders: *The Big Bang Theory*'s Sheldon Cooper**

Sheldon Cooper, superbly portrayed by Jim Parsons on CBS's The Big Bang Theory, is a very complex guy. Some might agree that he is brilliant only at the things he is passionate about and inept at anything else. Sheldon lives with, and works in the same university as, his friend Leonard Hofstadter.

The show takes place predominantly in their apartment where they are often visited by two friends and CalTech colleagues, Rajesh Koothrappali and Howard Wolowitz.

These four friends often get themselves involved in funny situations, initially with just Penny, who lives next door to Sheldon and Leonard, but later on with other characters as well.

Many of the episodes are centered around Sheldon Cooper's quirks and nuances. Sheldon's behavior and thought patterns align closely with some personality disorders. Perhaps he is suffering from more than one personality disorder.

***A Cup of Obsessive-Compulsive Personality Disorder***

People who suffer from Obsessive Compulsive Personality Disorder (OCPD) exhibit the following characteristics.

They:

* are preoccupied with orderliness, rules and regulations;
* function well with lists and schedules;
* are perfectionists;
* are rigid and inflexible;
* and need to be in control.

We see the OCPD part of Sheldon Cooper in the very first, pilot episode. Sheldon has a "thing" with sitting in "his seat" in the apartment he shares with his roommate, Leonard. Sheldon tells his rationale about the seat to Leonard and next-door neighbour Penny:

In the winter that seat is close enough to the radiator to remain warm, and yet not so close as to cause perspiration. In the summer, it's directly in the path of a cross-breeze created by opening windows there and there. It faces the television at an angle that is neither direct, thus discouraging conversation, nor so far wide as to create a parallax distortion. I could go on, but I think I've made my point.

***A Tablespoon of Narcissistic Personality Disorder***

Narcissistic Personality Disorder, or NPD, comes across in people as a sense of entitlement.

Some of the characteristics include:

* a sense that they deserve special treatment.
* The world or others owe them something.
* haughtiness and arrogance
* a tendency to have low self-esteem, deep down inside, which can make them depressed.

With NPD, the characteristics in the first two bullets listed above are the ones that are exhibited by Sheldon Cooper. Sheldon often times will express his feeling that others owe him something. He is extremely arrogant and seems to think that he is better than everyone else.

Sheldon has issues with people who he feels are not as intelligent as himself. He has a hard time communicating with Penny, his neighbour, who he says is "just a waitress." He looks down on her.