**BORDERLINE PERSONALITY DISORDER DEPICTED IN**

**THE MAIN CHARACTER OF THE NETFLIX SERIES *YOU***

**Febriani Mellania Putri1**

Studentof the English Department, Faculty of Humanities, Universitas Bung Hatta

*Email:* [*febrianimellaniaputri@gmail.com*](mailto:febrianimellaniaputri@gmail.com)

**Femmy Dahlan2**

Lecturer of the English Department, Faculty of Humanities, Universitas Bung Hatta

Email: [femmydahlan@bunghatta.ac.id](mailto:femmydahlan@bunghatta.ac.id)

**ABSTRACT**

This study analyzes Joe Goldberg, the main character in the Netflix series *You*, who exhibits a mental disorder called borderline personality disorder (BPD). This study uses the theory of borderline personality disorder from the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR) and a qualitative descriptive method. The results show six out of nine BPD symptoms in Joe. These include unstable and intense relationships, impulsivity, transient stress-related paranoid ideation or dissociative symptoms, frantic efforts to avoid abandonment, chronic feelings of emptiness, and identity disturbance. Unstable relationships and impulsivity are the most dominant symptoms. Identity disturbance is the least dominant symptom. This study also identifies environmental factors that cause Joe’s BPD. His childhood experiences of emotional neglect, being neglected, and physical abuse significantly shaped his mental disorder. Emotional neglect emerges as the most influential factor, contributing to symptoms like unstable relationships, identity disturbance, and chronic feelings of emptiness. Lack of supervision during his childhood is linked to his frantic efforts to avoid abandonment, while physical abuse correlates with his impulsivity and paranoid ideation. In conclusion, Joe’s BPD is rooted in adverse childhood experiences, with emotional neglect playing the most critical role. These environmental factors strongly influenced the development and manifestation of his symptoms throughout the series.

Keywords: Main character, Borderline Personality Disorder, Symptoms, and Environmental Factors

**INTRODUCTION**

Mental disorders are clinically significant disturbances in behavior, emotion, or thought that cause distress or impairment in daily functioning (American Psychiatric Association, 2022). One of the mental disorders is borderline personality disorder (BPD). BPD is a serious condition characterized by unstable moods, behavior, relationships, and self-image. According to the *DSM-5-TR* (APA), BPD symptoms include impulsivity, fear of abandonment, unstable identity, intense relationships, chronic emptiness, anger dysregulation, and stress-related paranoid ideation. The prevalence of BPD is estimated at 1.4% in the U.S. population (Lenzenwegger et al., 2007). According to Bateman and Fonagy (2010), the high prevalence of BPD and its strong link to suicide highlight the critical need for effective and accessible treatment options. A work of literature can also portray characters with a mental disorder. This makes it important to study BPD in the literature. A character can show how the disorder affects people’s thoughts, feelings, and relationships.Dar stated literary psychology is an interdisciplinary approach that combines the study of literature with psychological theory, focusing on both internal and external aspects of human behavior (2022). According to Moghaddam (2004), there are many forms of literature, such as novels, plays, and poetry, that can serve as a source of psychological data, and examining the act of writing itself provides an initial step toward understanding creativity. Literature communicates human experience through narrative, while film extends this communication through visual and auditory elements (Ramrao, 2016). Examining characters through psychological theory helps reveal how media shapes public perceptions of mental illness. This study analyzes Joe Goldberg, the main character of the Netflix series *You*, a psychological thriller about obsession and violence. Joe consistently demonstrates behaviors associated with BPD, making the series a relevant subject for exploring how mental disorders are portrayed in media. This study aims to describe how BPD symptoms are represented in Joe Goldberg and how environmental causes of BPD are reflected in his character.

**LITERATURE REVIEW**

This study is related to the field of literature. To help the writer in addressing the aim of the study, psychology of literature approach and borderline personality disorder theory are applied. This study aims to comprehend and identify Joe Goldberg’s mental disorder through psychological analysis.

1. **Psychology of Literature**

Dar (2022) stated that literary psychology connects psychology and literature, with psychology explaining the causes of human behavior and literature portraying it through stories, giving deeper insight into human experience. According to Yimer (2019), psychology improves literature by shaping characters, expressing emotions, and engaging readers with the psychological dimensions of human experience, which are reflected across various forms such as poetry, drama, short stories, and novels. Literature reflects psychological states by portraying human emotions and the complexities of the inner world. Psychological literature examines the author, reader, and characters to provide a deeper understanding of the human mind. Based on this concept, the writer uses psychology theory as the main field of study and focuses on the main character, Joe Goldberg, from the Netflix series *You,* by using borderline personality disorder (BPD) theory.

1. **Borderline Personality Disorder (BPD)**

According to the American Psychiatric Association in *DSM-5-TR* (2022), borderline personality disorder is a pervasive pattern of unstable relationships, changing self-image, intense emotions, and impulsive behavior that starts in early adulthood and appears in many areas of life. It involves impulsivity, an unhealthy self-perception, and a habit of erratic, intense relationships. People who suffer from borderline personality disorder may tend to undermine themselves when a goal is about to be accomplished. For example, quitting school right before graduation, regressing severely after talking about how well therapy is going, or ending a healthy relationship just when it seems like it could last. Borderline personality disorder, often considered an adult-onset condition, usually begins in early adulthood, though adolescents as young as 12 or 13 may also meet its diagnostic criteria.

**2.1 Borderline Personality Disorder Symptoms**

The symptoms of BPD can cause significant distress or impairment in daily functioning (American Psychiatric Association, 2022). The criteria for diagnosing BPD are outlined by the American Psychiatric Association in the *DSM-5-TR*. Below are nine detailed symptoms of BPD.

* 1. **Frantic efforts to avoid real or imagined abandonment**

People with borderline personality disorder are highly sensitive to perceived or actual abandonment, leading to shifts in self-image, mood, and behavior. Even minor changes, like a canceled plan or brief delay, can trigger intense fear, anger, or despair, often making them feel “bad” or unworthy (American Psychiatric Association, 2022).

* 1. **Unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.**

People with borderline personality disorder often form intense but unstable relationships. They may quickly idealize new partners or caregivers, then just as suddenly devalue them if they feel neglected or rejected. Their views of others shift dramatically between supportive and punitive, reflecting deep fears of abandonment (American Psychiatric Association, 2022).

* 1. **Identity Disturbance: markedly and persistently unstable self-image or sense of self.**

An unstable sense of self or self-image may indicate an identity disturbance. There are abrupt and significant changes in one's self-perception (for example, going from being a helpless person in need of assistance to becoming a righteous person seeking revenge for past wrongdoing). People with this disease may occasionally feel as though they do not exist at all, even though their self-image is typically founded on the perception of being wicked or evil. For those who suffer from this illness, this can be both terrifying and unpleasant (American Psychiatric Association, 2022).

* 1. **Impulsivity**

Impulsive behavior that could put oneself in danger or cause harm. Impulsivity in at least two potentially harmful areas is shown by people with borderline personality disorder. They might engage in risky sexual behavior, gamble, spend money carelessly, binge eat, abuse drugs, or drive carelessly (American Psychiatric Association, 2022).

According to Goodman and New (2000), impulsivity in borderline personality disorder can include violent actions, such as physically hurting others. People with BPD display impulsive aggressive behaviors, which may involve physical attacks, self-harm, suicide attempts, domestic violence, or substance abuse.

Barrat developed a self-report instrument to assess impulsivity with three main components. Attentional impulsivity involves difficulty maintaining focus and controlling thoughts. Motor impulsivity is the tendency to act without considering consequences. Non-planning impulsivity refers to a present-focused mindset with little concern for long-term goals or outcomes (1995).

* 1. **Recurrent suicidal behavior or self-mutilation**

People who have this disorder frequently act suicidally, make threats, or engage in self-mutilating behaviors. These people frequently seek assistance because they are experiencing recurrent suicidal thoughts or actions. Threats of rejection or separation, as well as demands that the person take on more responsibility, are typically what set off these self-destructive behaviors (American Psychiatric Association, 2022).

* 1. **Affective instability**

A significant reactivity of mood (such as severe episodic dysphoria, irritability, or anxiety) that often lasts a few hours and infrequently longer than a few days can cause affective instability in people with borderline personality disorder. Periods of rage, fear, or despair frequently disturb the basic dysphoric mood of people with borderline personality disorder, and times of contentment or well-being hardly ever reduce it. These episodes can be a reflection of the person's sensitivity to interpersonal stresses (American Psychiatric Association, 2022).

* 1. **Chronic feelings of emptiness.**

Chronic feelings of emptiness may occur with unpleasant emotions of loneliness in people with borderline personality disorder. They may regularly look for excitement to overcome their sense of emptiness because they are easily bored (American Psychiatric Association, 2022). Klonsky (2008) stated that emptiness is strongly associated with experiences of despair, feeling alone, and isolation.

* 1. **Inappropriate anger**

People who suffer from this disease often exhibit inappropriately high levels of anger or struggle to manage their anger. They may show verbal outbursts, persistent bitterness, or severe sarcasm. Anger is frequently triggered when a partner or caregiver is perceived as being careless, evasive, heartless, or deserting. Such outbursts of rage are frequently followed by feelings of guilt and shame, which add to their perception of their evilness (American Psychiatric Association, 2022)

* 1. **Transient stress-related paranoid ideation or severe dissociative symptoms**

When under stress, people with BPD may experience paranoid thoughts, such as feeling threatened or attacked by others, or episodes of dissociation, where they lose touch with reality. These symptoms, which can include experiences like depersonalization, tend to occur during periods of intense stress but are usually short-lived and not severe enough to warrant further clinical investigation. They are often triggered by perceived or actual instances of neglect. Typically, these symptoms last from a few minutes to several hours, and they may subside when the individual senses or experiences the return of support or care from a caregiver (American Psychiatric Association, 2022).

**2.2 Factors of Borderline Personality Disorder**

American Psychiatric Association (APA) in DSM-5-TR outlines several contributing factors to the development of borderline personality disorder (BPD), emphasizing the interplay of genetic, neurobiological, and psychosocial elements. These are two factors identified below:

1. **Genetic factors**

BPD has a strong genetic basis, with heritability estimated at 40%. First-degree relatives of individuals with BPD are up to five times more likely to develop the disorder, showing a clear familial link. Inherited traits such as impulsivity, emotional sensitivity, and poor self-regulation may also appear, even without BPD, and can increase the risk of conditions like depression or anxiety. (American Psychiatric Association, 2022).

1. **Environmental**

Borderline personality disorder has been associated with emotional neglect and various forms of child abuse, including experiences of parental loss, torture, and ineffective family communication. Although sexual abuse is often reported and may intensify the severity of BPD, research shows it is neither a necessary nor sufficient factor for the disorder to develop (American Psychiatric Association, 2022). This highlights the complex and multifaceted nature of environmental influences on BPD, with emotional neglect standing out as a significant factor.

Kumari (2020) stated that emotional neglect, described as the failure to meet a child's emotional needs. This is because parents or caregivers who are dealing with relationship problems, mental health struggles, or substance abuse may struggle to create a nurturing and emotionally safe environment for their children. Ames (2023) explains that emotional neglect can manifest in various ways, including inadequate attention to a child’s emotional needs, including failing to listen, provide comfort in distress, or acknowledge achievements, which can leave children feeling unseen and unsupported.

Child abuse defined by the World Health Organization (WHO), includes physical, emotional, and sexual abuse, as well as neglect and exploitation. Physical abuse includes actions such as hitting, kicking, burning with cigarettes, pulling a child by the hair, or choking (Paavilainen & Tarkka, 2003). Daley et al. (2025) stated that neglect is characterized by the failure to meet a child's basic needs, including adequate food, shelter, supervision, medical or mental health care, education, and emotional nurturing.

Several previous studies have analyzed the series *You* from different perspectives, including psychoanalysis, trauma theory, toxic masculinity, obsessive-compulsive personality disorder, gender dynamics, feminist criticism, and psychopathy (Wahyuni et al., 2021; Saraswati et al., 2022; Pedro, 2020; Bison, 2024; Lynch, 2020; Olsson, 2021; Hasnanisrina & Wedawati, 2020; Seo, 2023; Gupta, 2020; Aslam, 2020). However, none of the previous research has specifically focused on borderline personality disorder (BPD). This study aims to analyze Joe Goldberg’s behavior to identify symptoms and environmental factors of BPD. This study applies the psychology of literature and the theory of borderline personality disorder (BPD) to analyze Joe Goldberg’s mental disorder, based on the *DSM-5-TR* definitions provided by the American Psychiatric Association.

**METHODOLOGY**

This study applied the qualitative descriptive method. As stated by Bogdan and Biklen (1998), qualitative data take the form of words or pictures rather than numbers. The results contain quotations to illustrate the findings. Qualitative methods produce descriptive data from speech, writing, and behavior. This study uses a qualitative descriptive approach to explain the state of the research object. For this study, the qualitative descriptive approach is ideal since it examines and characterizes the information obtained from the study object. The psychology of literature approach analyzes intrinsic and extrinsic elements (Aras, 2015). The primary data for this study is the Netflix series *You*, an American psychological thriller based on Caroline Kepnes’ novels and produced by Greg Berlanti and Sera Gamble. Premiering in 2018, the series follows Joe Goldberg, a bookstore manager whose obsessive and manipulative behavior drives him to extreme, often violent actions in the name of love. There are five seasons of the *You* series. The data for this study were selected from seasons 1, 2, 3, and 4, providing scenes and dialogues analyzed for symptoms and environmental factors of BPD. The secondary data used in this study comes from a variety of sources, including articles, books, and other online resources, including news stories and reviews, that are relevant to the research topics and help strengthen the analysis. This study uses documentation as the data collection method. The data consist of screen captures from the Netflix series *You* and dialogues from scripts obtained from Springfield!. The procedures include: watching all episodes to understand the storyline, classifying utterances and behaviors related to BPD symptoms and environmental factors, selecting scenes and dialogues that best represent Joe’s BPD symptoms, and organizing the materials by scene and dialogue that linked with symptoms and environmental factors of BPD. This study applied content analysis, defined by Krippendorff (2013) as a systematic method for interpreting texts or meaningful materials within context to produce reliable conclusions, deeper insights, and practical understanding.

**FINDINGS AND DISCUSSION**

Joe Goldberg is the main character of the series *You*, who has experienced borderline personality disorder. Emotional and behavioral difficulties are often rooted in early adverse experiences, with childhood trauma being one of the most significant influences, including emotional neglect, neglect, and physical abuse. Joe grew up in an unstable family environment where he often felt unwanted and unsafe, and a lack of consistent emotional support significantly disrupted his emotional development, increasing the development of BPD. In this section, the discussion will focus on the symptoms and environmental factors of BPD. These symptoms and environmental factors will be analyzed in detail through specific scenes to demonstrate how they are portrayed in the character’s behavior and emotional responses. The following findings are representative samples of the overall data.

1. **Symptoms of Borderline Personality Disorder of the Main Character in the Series *You***

The writer found BPD symptoms through Joe Goldberg’s utterance and behavior. According to the American Psychiatric Association, there are nine symptoms of borderline personality disorder. However, the writer found six symptoms of borderline personality disorder. They are frantic efforts to avoid real or imagined abandonment, intense interpersonal relationships, identity disturbance, impulsivity, chronic feelings of emptiness, and transient stress-related paranoid ideation or severe dissociative symptoms. In this section, the symptoms presented are the impacts of environmental factors Joe’s experienced.

**1.1 Frantic Efforts to Avoid Real or Imagined Abandonment**

The writer found data of frantic efforts to avoid real or imagined abandonment in season 1 episode 7. The finding shows Joe Goldberg makes frantic efforts to avoid being abandoned, whether the threat is real or imagined. When he senses possible separation, rejection, or the loss of support from others, it can cause major changes in how he sees himself, how he feels, how he thinks, and how he behaves.

The situation portrays Joe deciding to throw a surprise birthday party at the Mooneys’ bookstore for Beck, with the help of his coworker, Ethan. Beck is an aspiring author and a graduate student who became Joe’s girlfriend.When Beck arrives late, Joe asks one of Beck’s friends, Lynn, about her whereabouts. Joe quickly becomes anxious.

***You* S1:E7: “*Everythingship*”**

**(00:20:20)**



**Figure 1. Joe asks Lynn about Beck**

From the data above, Joe quickly assumes rejection because Beck was late. He was waiting for Beck at a party. It’s 9:40 PM, and she’s late for their 9:00 PM. He expected her to come on time. Joe tried to text her, but she didn’t answer. When he asks about Beck to Lynn, he stammers, showing his struggle to regulate the intensity of his emotions. Joe’s eyes widened as the signs of disbelief and panic. This aligns with frantic efforts to avoid real or imagined abandonment and is highly sensitive to environmental circumstances. Joe’s strong fear and anger are triggered by a relatively small event, such as Beck being briefly late, which he interprets as a sign of rejection. His response demonstrates how even the thought of rejection can quickly impact his emotions, thoughts, and behavior.

**1.2 Impulsivity**

The writer found data on impulsivity in season 2 episode 7. Joe engages in risky sexual behavior. The situation is when Joe broke up with his girlfriend, Love. He went out drinking with his neighbor, Delilah, to ease his heartache. Both of them are drunk, and they are in a vulnerable situation. They become related to each other and have sex in an alley.

***You* S2:E7 *“Ex-istential Crisis”***

**(00:34:12)**



**Figure 2. Joe have sex with Delilah**

Joe engages in sexual activity with Delilah in a public alley after consuming alcohol. The environment is unsafe, lacking privacy, and increasing the risk of being caught. Both Joe and Delilah could be charged, because the law applies equally to consenting adults who engage in sexual activity in public. California Penal Code 647(a) is the statute that makes lewd conduct in public a misdemeanor crime. This could lead to fines up to $1,000, or even 6 months in county jail (Hedding Law Firm, 2025). For Joe, this kind of charge would add to his risky lifestyle, since a public indecency conviction would damage his public image, professional life, and relationships. For Delilah, who was a reporter, it could have hurt her career credibility and reputation. This behavior shows risky sexual behavior under substance use.

1. **Environmental Factors of Borderline Personality Disorder of the Main Character in the Series *You***

According to the American Psychiatric Association in *DSM-5-TR* (2022), two factors cause BPD such as genetic and environmental factors. The genetic factor requires scientific research, which is not addressed in the data source. However, the writer found the factor of borderline personality disorder from an environmental factor. They are emotional neglect, neglect, and physical abuse. Environmental factors such as emotional neglect and physical abuse represent the overall data because they are linked to the development of BPD symptoms such as frantic efforts to avoid real or imagined abandonment and impulsivity.

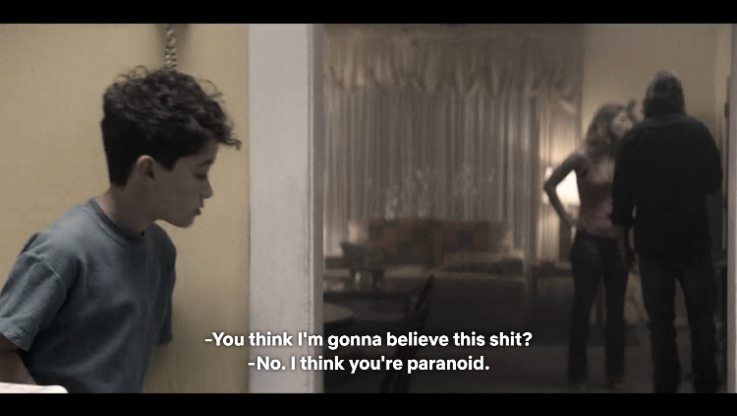
* 1. **Emotional Neglect**

The writer found data on Joe’s emotional neglect in season 2 episode 4. The first data portrays young Joe Goldberg in his childhood years. The background of his childhood years, including his family, is portrayed in flashbacks. Joe was the only child born into a troubled and unhealthy relationship. He was the son of Raphael Passero and Sandy Goldberg, whose relationship was filled with problems. They always have constant arguments. This demonstrates a pattern of emotional neglect toward Joe.

The first data of emotional neglect starts when the situation shows a heated and aggressive argument between Joe’s parents, Sandy and Raphael. Sandy is defending herself after Raphael accuses her of lying about spending one night with her friends. The conversation turns aggressive as Raphael becomes increasingly paranoid and confrontational, grabbing Sandy despite her pleas for him to stop.

***You* S2:E4: “*The Good, the Bad, & the Hendy*”**

**(00:00:23)**



**Figure 3. Young Joe witnesses his parents arguing.**

Joe grew up in a high-conflict home because his parents were constantly arguing. The tone of the argument was filled with accusations and physical aggression. Sandy insists she cares for Joe every day, but Raphael accuses Sandy of lying and shows distrust, reflecting suspicious thinking. Sandy calls Raphael paranoid because he makes accusations without proof. The conflict grows more aggressive, with neither willing to listen, and Raphael grabs Sandy’s arm with force, leading Sandy to protest because Raphael was hurting her. This shows there is physical aggression during their argument. Figure 3 above shows young Joe witnessing his parents arguing. Joe experienced emotional neglect when he was a child because he was watching his parents arguing often. Joe was forced to listen to the intense conflict between his parents.

**2.2 Physical Abuse**

The writer found data on physical abuse that Joe experienced in season 1 episode 10. This scene is a flashback that reveals Joe’s traumatic childhood when he lived with Mr. Mooney. After Joe is caught organizing the shelves in the bookstore, Mr. Mooney becomes furious, accusing Joe of overstepping his place. In a fit of rage, Mr. Mooney pushes Joe down the stairs and forces him back into the glass cage.

***You* S1:E10: “*Bluebeard’s Cage*”**

**(00:02:15)**

****

**Figure 4. Joe was pushed down the stairs by Mr. Mooney**

From figure 4 above, Joe is physically abused by Mr. Mooney, who angrily pushes him down the stairs before forcing him into the glass cage. This scene shows physical child abuse, as Joe is hurt and controlled through violence. The abuse made Joe feel scared and powerless, teaching him that love and safety could come with pain and punishment. Such physical abuse in childhood is an important environmental factor in the development of borderline personality disorder, as it damages a child’s sense of safety and healthy attachment. For Joe, Mr. Mooney’s punishment shaped his unstable self-image and caused problems in how he builds relationships later in life.

**CONCLUSION**

This study concludes that Joe Goldberg’s borderline personality disorder in *You* is closely linked to his childhood experiences of emotional neglect, lack of supervision, and physical abuse. The findings show symptoms of BPD, with unstable relationships and impulsivity as the most dominant symptoms, followed by transient stress related to paranoid ideation or dissociation, frantic efforts to avoid abandonment, chronic feelings of emptiness, and identity disturbance. Emotional neglect emerged as the strongest environmental factor, shaping Joe’s unstable self-image, fear of abandonment, and persistent emptiness, while neglect and physical abuse reinforced his impulsive and violent tendencies.

Based on the findings of this study, the writer expects that by reading this thesis, the reader will be able to understand how experience influences a character’s actions. The writer suggested that future research on borderline personality disorder in fictional characters should explore more how genetic and environmental factors shape each of the symptoms.

**ACKNOWLEDGEMENTS**

I would like to express my deepest gratitude to my supervisor, Femmy Dahlan, S.S., M.Hum., for her guidance, patience, and support in helping me complete this research. Her knowledge and encouragement have been essential in the completion of this article. I am also grateful to the examiners, Prof. Dr. Elfiondri, S.S,. M.Hum., and Dra. Nova Rina, M.Hum., for the feedback and valuable suggestions to this study.

**REFERENCES**

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders: DSM-5-TR* (5th ed., text rev.). American Psychiatric Association Publishing.

American Psychological Association. (2008). *Protecting our children from abuse and neglect*. [https://www.apa.org/pi/families/resources/abuse](https://www.apa.org/pi/families/resources/abuse?utm_source=chatgpt.com)

Ames, H. (2023). Childhood emotional neglect: Signs, effects, and how to heal. *Medical News Today*. MediLexicon International. [https://www.medicalnewstoday.com/articles/childhood-emotional-neglect](https://www.medicalnewstoday.com/articles/childhood-emotional-neglect?utm_source=chatgpt.com)

Aras, G. (2015). Personality and individual differences: Literature in psychology–Psychology in literature. *Procedia - Social and Behavioral Sciences, 185,* 250–257. [https://doi.org/10.1016/j.sbspro.2015.03.452](https://doi.org/10.1016/j.sbspro.2015.03.452?utm_source=chatgpt.com)

Aslam, M. (2020). Portrayal of psychotic traits in the novel *You* by Caroline Kepnes. Bachelor Thesis. National University of Modern Languages Islamabad.

Bateman, A., & Fonagy, P. (2010). Mentalization based treatment for borderline personality disorder. *World Psychiatry, 9*(1), 11–15. [https://doi.org/10.1002/j.2051-5545.2010.tb00255.x](https://doi.org/10.1002/j.2051-5545.2010.tb00255.x?utm_source=chatgpt.com)

Berlanti, G., & Gamble, S. (Directors & Writers). (2018, September 9). *You* (Season 1). A&E Studios; Alloy Entertainment; Berlanti Productions; Warner Horizon Television. Lifetime. <http://www.mylifetime.com>

Bogdan, R. C., & Biklen, S. K. (1982). *Qualitative research for education: An introduction to theory and method*.

Dar, A. (2022). On the relationship between literature and psychology. *International Journal of Applied Research in Social Sciences, 4*(8), 284–292. [https://doi.org/10.51594/ijarss.v4i8.382](https://doi.org/10.51594/ijarss.v4i8.382?utm_source=chatgpt.com)

Daley, S. F., et al. (2025). Child abuse and neglect. In *StatPearls [Internet]*. StatPearls Publishing. [https://www.ncbi.nlm.nih.gov/books/NBK459146](https://www.ncbi.nlm.nih.gov/books/NBK459146/?utm_source=chatgpt.com)

Denzin, N. K., & Lincoln, Y. S. (2008). Introduction: The discipline and practice of qualitative research. In *The landscape of research* (pp. 1–43).

Gamble, S., Foley, M., Lo, J. W., & Lang, A. (Directors & Writers). (2019, December 26). *You* (Season 2). Berlanti Productions; Man Sewing Dinosaur; Alloy Entertainment; Warner Horizon Television. Netflix. <https://www.netflix.com>

Goodman, M., & New, A. (2000). Impulsive aggression in borderline personality disorder. *Current Psychiatry Reports, 2*(1), 56–61. <https://doi.org/10.1007/s11920-000-0043-1>

Gupta, P. (2020). An analysis of the female character in Caroline Kepnes’s novel *You*: Reading through theory of sexual politics. Master Thesis. Mithibai College.

Hasnanisrina, V., & Wedawati, M. T. (2020). Joe Goldberg’s obsessive compulsive personality disorder in Caroline Kepnes’ *You*. *Litera Kultura: Journal of Literary and Cultural Studies, 8*(3), 68–75.

Hedding Law Firm. (2025). *Lewd conduct in public – California Penal Code 647(a) PC.* [https://www.losangelessexcrimeattorney.com/lewd-conduct-public-penal-code-647a-pc](https://www.losangelessexcrimeattorney.com/lewd-conduct-public-penal-code-647a-pc?utm_source=chatgpt.com)

Kumari, V. (2020). Emotional abuse and neglect: Time to focus on prevention and mental health consequences. *The British Journal of Psychiatry, 217*(5), 597–599. [https://doi.org/10.1192/bjp.2020.154](https://doi.org/10.1192/bjp.2020.154?utm_source=chatgpt.com)

Lenzenweger, M. F., et al. (2007). DSM-IV personality disorders in the National Comorbidity Survey replication. *Biological Psychiatry, 62*(6), 553–564. [https://doi.org/10.1016/j.biopsych.2006.09.019](https://doi.org/10.1016/j.biopsych.2006.09.019?utm_source=chatgpt.com)

Lynch, C. (2020). Another likable serial killer: Fans’ representation of You’s Joe Goldberg through memes. Pell Scholars and Senior Theses. Salve Regina University.

Mayo Clinic. (2024). Borderline personality disorder: Symptoms and causes. *Mayo Clinic*. [https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/symptoms-causes/syc-20370237](https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/symptoms-causes/syc-20370237?utm_source=chatgpt.com)

Moghaddam, F. M. (2004). From “psychology in literature” to “psychology is literature”: An exploration of boundaries and relationships. *Theory & Psychology, 14*(4), 505–525. [https://doi.org/10.1177/0959354304044922](https://doi.org/10.1177/0959354304044922?utm_source=chatgpt.com)

Olsson, M. (2021). Representation of psychopathic characteristics in fiction: A transitivity analysis of the protagonist’s external and internal dialogue in the TV-series *You*. Bachelor Thesis. Linnaeus University.

Paavilainen, E., & Tarkka, M. T. (2003). Definition and identification of child abuse by Finnish public health nurses. *Public Health Nursing, 20*(1), 49–55. [https://doi.org/10.1046/j.1525-1446.2003.20107.x](https://doi.org/10.1046/j.1525-1446.2003.20107.x?utm_source=chatgpt.com)

Patton, J. H., Stanford, M. S., & Barratt, E. S. (1995). Factor structure of the Barratt Impulsiveness Scale. *Journal of Clinical Psychology, 51*(6), 768–774. [https://doi.org/10.1002/1097-4679(199511)51:6<768::AID](https://doi.org/10.1002/1097-4679(199511)51:6%3c768::AID) JCLP2270510607>3.0.CO;2-1

Pedro, D. (2020). Usurping the victim’s trauma narrative: Victim-blaming and slut-shaming on season 1 of *You*. *Revista de Estudios Norteamericanos, 24*, 159–179.

Ramrao, T. N. (2013). Film and literature: An overview. *Epitome Journals: International Journal of Multidisciplinary Research Handbook, 2*(9), 122–134. [https://doi.org/10.4324/9780203819227-18](https://doi.org/10.4324/9780203819227-18?utm_source=chatgpt.com)

Saraswati, N. L. P. W., Dewi, N. K. A., & Astawa, I. N. (2022). Psychoanalysis on conflict of the main character Joe Goldberg in TV series *You* season 3. *Stilistika: Journal of Indonesian Language and Literature, 2*(1), 136. <https://doi.org/10.24843/stil.2022.v02.i01.p12>

Yimer, D. M. (2019). On the interaction between literature and psychology. *IEEE-Sem Publications, 7*(8), 155–167.