Understanding Steve Jobs from Psychiatric Perspectives

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Introduction

Steve Jobs is one of a kind technology leader, an innovator, and a Silicon Valley rock-star. By raising some of Steve's mental issues, this paper does not set out to be a smear effort but rather, an attempt to understand him more, from the psychiatric perspective. It is important as mental health issues have been in more and more discussions. It is time for our society to trash the stigma around people with mental issues, and start to find more ways to help as well as to work with each other. It is possible that there are geniuses like Steve Jobs out there, getting ready to change the world for the better, and maybe, by understanding Steve better, we may learn how to collaborate and support people like Steve better.

The paper tries to be as rigorous as possible. It begins with a brief description of Steve Jobs' bibliography to be followed by an evidence-based and research-backed diagnosis section. Diagnostic results, methodology used, and reasons will be provided. Finally, the paper wraps up with a discussion from both global and personal perspectives.

Bibliography

Steve Jobs' bibliography can be a controversial one. Along the way, he met many powerful friends and foes. Even within his own family, there are different perspectives on how his image should be maintained. For example, Laurene Powell-Jobs (his wife) disagreed with Lisa Brennan-Jobs (the child with his first girlfriend) on Steve as an imperfect father in Lisa's book - "Small Fries". It is clear that Steve Jobs' out-of-this-world thrive for perfection in the products Apple made revolutionized various industries. By doing so, he sacrificed several other important parts of his life, and that was probably the main reason why he personally asked Walter Isaacson several times to write his bibliography. Diagnosed with cancer, Steve allowed Isaacson complete freedom in aggregating information from both Steve's friends and foes. "Steve Jobs: The Exclusive Biography" (Isaacson, 2013) was released in 2012 with insights to both

amazing and terrible events in Steve Jobs' life. Steve wanted people to judge him starting with this book, and that will be the way this paper looks at him as well.

General timeline

Steve Jobs' biological parents had to give him away in order to facilitate his mother's father who strongly opposed the relationship and was dying. Coming from strong academic background, his mother insisted on him to be adopted into a well-educated family. Instead, Fate placed him in the hands of a US Veteran mechanic who married an Armenian immigrant with no children of their own. Paul Jobs had great impacts on his son. Steve was exposed to his father's high level of attention to details, his precision and arts in re-modeling cars, his jobs with tech-companies in the Silicon Valley, and his tech-savvy neighbors.

The adoptive parents also knew Steve was special and treated him as such from a very young age. When Jobs got bored and got into problems at school, his parents would blame the school for not being able to keep him interested. Ms. Imogene Hill - Steve's math teacher - would give him extra math problems to keep him occupied. Eventually, even things like that were not enough and the school made a proposal allowing Steve to skip two grades. His parents chose to skip one and let Steve join sixth grade. As he grew a little bit older, he became a member of the Hewlett-Packard Explorers Club. When Steve got to high school, he started smoking marijuana, using LSD and acid. He also expanded his interests to music, literature and philosophy. By this time, Steve Jobs had developed a solid image of himself as a special genius, and he had no respect for authority, especially his teachers. In classes, he would sit in a corner and did his own things.

Later, Stephen Wozniak (Woz) and Brennan Chrisann came to his life. Woz was the school electronic legend with an honest and shy attitude, who came from a solid electrical engineering family. Woz and Steve's first project together involved the "Blue Box" - a hacking device that would allow free long-distance calls. In this early partnership, Woz would build a box for \$40 and Steve will sell it for \$150. Brennan was

Steve's first real girl friend. They moved in together in the summer of 1972 right after their high-school graduation. This was when Brennan started to notice Steve's bipolar personality and his compulsive diets of just fruits and vegetables. Also in that summer, Steve was almost killed when his car caught fire.

For college, Steve chose Reed which is one among the most expensive options, knowing that would put financial strains on his parents. He became more attracted to Buddhism and continued to use drugs, especially LSD for his "meditation". One day, when Steve walked into a dorm room to sell his IBM typewriter for some cash, he caught a student named Friedland having sex with his girlfriend. Moreover, Friedland dared to invite Steve to sit down and watch him "finishing off". Steve surely was impressed and did learn from Friedland some con skills including the "reality distortion field" which is the key to Steve Jobs' outstanding ability to persuade people. As his college time progressed, Steve became increasingly bored with the required classes and eventually dropped out. However, Reed did allow Steve to freely audit the classes he liked. His relationship with Brennan also started to deteriorate. In the next career move, Steve applied for a job at Atari in a manner that he would not leave Atari's office until he had an offer. He was given a developer job but was instantly put in night shift due to conflicts with others. He was prone to call people "dumb shits". This period would not last long as Steve decided to go to India and seek true enlightenment, and Atari had no problem letting him go. Upon returning to the States, Steve did not bring with him the enlightenment but rather, a deeper appreciation of Eastern intuitions.

When Woz came up with a circuit board design which as destined to be the Apple 1 computer board, Steve persuaded Woz to quit HP and open Apple with him. Paul Terrel made the first order. From the start, Steve wanted Apple to have tight controls of its products and got into a heated argument with Woz about how many peripheral slots should be made available. More slots meant more customization and Woz won the argument. Apple Computer Co. was found on January 3, 1977. With new responsibilities, Steve became more tyrannical. In the mean time, Brennan became pregnant and Steve denied the fatherhood yet strongly discouraged Brennan putting the

child up for adoption. They completely broke up their relationship and in May of 1978, Brennan gave birth to Lisa. A year later, the County of San Mateo sued Steve for being financially irresponsible as Brennan had been seeking welfare helps. With Apple would soon to be public, Steve quickly agreed to take a paternity test. The result of 94% came out and the case was settled. However, it did not stop Steve from telling people that he was not the father. Also by this time, Steve decided to quit drugs.

Apple has three projects prior to their going public: Apple II, Apple III and Lisa (named after Steve's daughter) with Apple II had already been in the market, earning profits. In September 1980, Steve behaviors got so disruptive that the board agreed to remove him from project Lisa, from the VP role of research and development, and made him the non-executive chairman of the board. Apple went public in December 1980 and was valued at \$1.79 billion and stock price went from \$22 a share to \$29 in the first day. Steve became a millionaire with a net-worth of \$256 million at age 25.

Steve fought politic battles, won and gained control of a new division - the Macintosh (Mac) division. Under pressures of IBM's release of their first really affordable personal computer and the Xerox Star with its graphical interface, Steve was determined to make the Mac his own landmark. Steve put extreme efforts in building the Mac factory and production line. He became more ruthless as he believed it would motivate B players to perform like A players. However, the Mac faced disappointing sales in March 1985. Steve's behaviors fluctuated even more wildly. Sculley - Apple's CEO - planed to remove Steve from the Mac division and Steve planned to oust Sculley. Sculley won and Steve Jobs walked out of Apple, feeling betrayed by the board members who were with him from the start. Within five months, Steve sold 6.5 million Apple shares. He then found NEXT and was able to persuade several senior Apple engineers to join him. Steve also bought Lucas-Film Computer Graphics division and turned it into Pixar, a company that gave Steve the balance he needed while dealing with issues at NEXT. However, both NEXT and Pixar were not profitable and some senior executives at Pixar resigned. In early 1988, Pixar announced spending cuts across the board and Steve had to put \$300,000 more of his own money for "Tin Toy".

In early 1988, the short animation movie became the first computer-generated movie to ever win an Academy Award.

Steve's adoptive mother - Clara Jobs - died of lung cancer in 1986, a year after he left Apple. Steve then successfully tracked down his biological mother Joanne Schieble. Joanne shared the story behind his adoption and his sister Mona who was an aspiring novelist in Manhattan. Steve was surprised that his biological parents were at age 23 when they abandoned him as he was at the same age when he abandoned Lisa. He told his biological mother that she had nothing to apologize for, and that he appreciated her not going with abortion option. Steve was also very proud of Mona and did form a really close bond with her. Steve had never officially met his biological father as he was really upset about the fact the father abandoned him and then his sister - Mona - several years later after a divorce with his biological mom. Yet, that did not change Steve's behaviors with Lisa, his own daughter. Once or twice a year, he would quickly dropped by Chrisann's house, talked briefly with her and drove away. He only visit more frequently when Lisa turned eight as he left Apple and became calmer, and friendlier. Steve even took Lisa on a business trip with him to Tokyo, Japan. Also in these years, Steve met Tina Redse who he referred to as his truest love. They really love each other but Redse realized that some dark parts of Steve's personality could not be changed and they broke up.

As Steve turned forty in 1995, Pixar hit another huge success with "Toy Story" and Apple acquired NEXT, giving Steve a red-carpet returning to Apple as the company had been in a terrible shape. Steve acted like a rock star. He put the people he trusted in key positions, and demanded full replacement of the board, except for Woolard, the board member who was the driving force behind the decision of bringing Steve back. Steve also insisted on not being a CEO because that would put him under the board's power. Instead, he served as a board advisor and exercise his controls in all aspects of Apple's business. His first major decision was to cease the legal war with Microsoft over operating system features and re-establish cooperative relationships. Microsoft would continue making Word and Excel as well as other products for Apple;

Apple would ship Internet Explorer as a standard option in all Mac; and Microsoft would be investing \$150 million in Apple's non-voting shares. Within one day, Apple's stocks had skyrocketed from \$6.56 to close at \$26.31. As it was impossible to find a CEO that would fit Steve's strict standards, the board silently withdrawn the CEO hunting campaign and let Steve be the interim CEO for years to come. In those years, Steve denied stock options and would take a salary of \$1 per month.

Once again, Steve's legendary temper resurfaced as the release of the iMac drew near. At one point, the production process was slowed down and Steve would going around shouting "fucking dickless assholes" and later, would even give the Apple's executives jackets with "TeamFDA" on the back. Apple's head of operation quit after just after three months. In the end, iMac turned out to be a huge success. Apple survived the internet bubble burst in 2000 and Steve Jobs finally and formally accepted the CEO title. With all the stock options that he previously denied, he could have been worth \$400 million. The the following years, Steve led Apple to several more huge successes with his ability to push people while pulling them together. The iPod was released in late 2001 with major music studios participating in the iTunes store. More than 1 billion songs and videos were sold through iTunes by 2006. The iPhone was introduced in 2007 and then the iPad. In 2006, Disney purchased Pixar for \$7.4 billion in stock making Steve the largest Disney share holder.

Diagnosis

Let us start this section with two key observations.

Steve Jobs did not have a history of hospitalization due to mental reasons, but he did informally seek mental therapies. His closest involvement with psychiatric treatment was when he participated in Arthur Janov's Primal Therapy center in Los Angeles Isaacson (2013). Since the 1970s, Janov was treated like a famous psychologist through his service for big celebrities like John Lennon and through reports that were impressive as well as controversial. In order to solve mental problems that may be caused by childhood issues (the primal pain), Janov's Primal Therapy invites

patients to travel back to childhood, sometimes in rooms with cribs and toys, and address the primal pains (Janov, 1965). This therapy was regarded as the "scream therapy" as most patient released their pains through screaming, and crying. The controversies include the therapy's contradiction with classical Freudian and neo-Freudian schools of thought, fascinating but unpersuasive studies, and most of all, Janov's arrogant attitudes towards the rest of psychiatric professionals (Jeyapaul, 2012). Steve preferred Primal therapy over talk therapy due to his deep appreciation of intuition, that some important issues cannot be resolved by rational analyzing. Steve later on found the therapy too simplistic for him. Buddhism meditation, however, remained as Steve's most favorite and most consistent form of mental self-healing.

Steve Jobs had early warning signs of unhealthy rock-star treatment and beliefs, unhealthy emotions towards his adoption, and delusional belief of drug use. Steve demonstrated exceptional capabilities when he was very young and to some degrees, he deserved some special treatments. The un-healthy rock-star treatments begun with his adoptive parents. Upon reports of young Steve's misbehaves at school, the parents blamed the school for not doing their jobs. To a certain degree, young Steve was able to get the adults to play by his rules. This embolden young Steve's belief of being special, having controls of his surroundings, and the needs of bending protocols at times. In his almost perfect childhood filled with special achievements, Steve was aware of the greatest imperfection - the fact that he was adopted. His closest friends all acknowledged that the event had left serious scars in Steve's mind Isaacson (2013). Perhaps, the more he realized how unique and special he is, the more he got upset at the fact that such special soul had been abandoned at birth.

Steve first used marijuana in his high school junior year and proceeded to regular drug use throughout his later years. Even more dangerous, he carried a false belief that LSD is the key element in his journey to find the "enlightenment" of his life (Isaacson, 2013). LSD is known as lysergic acid diethylamide. Liechti (2017) found that LSD may cause positive hallucinations such as bliss, audiovisual synesthesia, mythical experiences; and also cause deficits in sensorimotor gating - a symptom shared by schizophrenia

patients. In the US, LSD is illegal as it was classified by the DEA as schedule 1 drug with high potential for abuse, lasting effects up to 12 hours or longer after use, high potential for psychosis, and high potential of deaths due to accidents while under LSD influence (Drugs.com, 2018). Most interestingly, LSD may cause "trips" which are visual disturbances that may lead to Hallucinogen Persistent Perceptual Disorder (HPPD), which in turn, triggers behaviors that impair social, occupational and other areas of functioning (Lev-Ran, Feingold, Goodman, & Lerner, 2017).

General results

The paper diagnosed Steve Jobs with Obsessive Compulsive Personality Disorder (301.4) and Narcissistic Personality Disorder (301.81) with figure 1 and 2 respectively representing the dimensional scores. First, relevant details will be grouped, assigned an observation code for each of them, and be matched with DSM 5 (APA, 2014) diagnostic criteria. One event may score in different diagnostic criteria, across different disorders. A dimensional score is the sum of all the matched evidences for that particular dimension (criteria). Detailed scoring tables will be listed in the "Differential Analysis" sub section.

Figure 1. Obsessive Compulsive Personality Disorder

Figure 2. Narcissistic Personality Disorder

Description of Observations

Within the scope of this paper, there are 35 evidences, grouped into 7 groups. Each group will have a group code of "O" (for "observation") and the group number. Each evidence inside a group will have an evidence code of the group number to be followed by the evidence number. The details of the groups and their members are described below.

O1 - Steve has a strong desire for complete control. Del Yocam believes that it has something with Steve's at-birth abandonment (O1-1) (Isaacson, 2013). Unconsciously, this uncontrollable event may trouble Steve greatly, causing the needs to protect himself against future unfortunate events by seizing complete control. Andy Hertzfeld - a close friend of Steve - reported that Steve sees products and environments as extensions of himself which he needs to gain complete control (O1-2), and that he cannot control himself from being cruel and harmful to other people (O2-1) ((Isaacson, 2013). Steve ran into a heated argument with Woz on how many expansion slots should be made available in Apple I because he believed users should not be able to extend this Apple product even for their own use (O1-3). In dealing with unwanted interference, Steve can completely shut them out, even with sensitive personal matters such as the Brennan's pregnancy (O1-4) (Psychiatric Times, 2014). Steve instructed engineers to design the computer case in such a way that required Apple special tools to open (O1-5).

O2 - Steve cannot control himself from being cruel and harmful. Brennan - his first girlfriend - reported that Steve sometimes appeared kind of crazy, with a lot of anger and darkness around him (O2-2) (Isaacson, 2013) (Quow, 2013). One time, Steve almost got killed when his car caught fire (O2-3). As a regular developer at Atari, Steve often called others "dumb shits" (O2-4) (Live Science, 2013). Markkula - an early board member - reported that Steve had been increasingly tyrannical and sharp in his criticism while working on Apple II projects, usually told others that their works look "like shits" (O2-5) (Isaacson, 2013). Steve once got stopped by the police for over-speeding. After receiving the ticket, he honked the police car, got back to highway, and hit 100mph again (O2-6).

O3 - Steve believes he is special and willing prove it. He was eager to do all the extra problems that his math teacher gave him (O3-1). In class, he would sat in a corner, doing his own things (O3-2). In college, he was bored of required classes, dropped out, and audited the classes he linked (O3-3). At Apple, he insisted to be placed ahead of Woz and refused to be employee number 2. He later claimed number zero for his company badge even though he was still number 2 as payroll system started with 1 (O3-3). Steve preferred people jump when he said "jump" (O3-4) (Isaacson, 2013). Hertzfeld recalled that Steve did believe he is the chosen one on par with Einstein and Gandhi (O3-4) (Isaacson, 2013). When negotiating with Microsoft for the first time, Steve behaved in a way as if he was allowing Bill to be a part of the collaboration (O3-5). Redse - the girlfriend Steve loved the most - acknowledged that Steve had been very self centered, and that it was his job to teach people aesthetics and what they should like (O3-6) (Isaacson, 2013).

O4 - Steve had mood swings. His first girlfriend noted that Steve can be romantic and cruel, caring and cold (O4-1) (The Mercury News, 2013). Steve may have a positive or negative reaction about a product or idea today and may have a totally opposite reaction about the same one tomorrow (Isaacson, 2013) (O4-2). When collaborating with Microsoft, Steve would call Bill one day to promote the great works of Apple engineers, and would apologize to Bill the next day for his Apple idiots (O4-3) (Isaacson, 2013).

O5 - Steve uses drugs. Steve was known to use marijuana, acid and LSD (O5-1) (Isaacson, 2013). He regarded LSD as an important part of his life as it helped him discover the other side of his consciousness during meditation sessions (O5-2).

O6 - Steve can go to the extreme in the ways he does things. Friedland was struck by the fact that Steve can carry things to the extreme with high intensity at times (O6-1). When choosing the color for the Apple computer plastic case, none of Pantone's two thousand shades of beige was good enough for Steve and he wanted to create a different shade (O6-2) (Isaacson, 2013). Steve decided to go with almost no furniture in his house because no furniture fit his high standards (O6-3). Atkinson

recalled that Steve cannot make trade-off (O6-4). Steve was not able to tolerate a tiny mold line in the chasis of his NEXt computer and forced the manufacturer to buy a \$150,000 sand machine to take care of the problem (O6-5). When building NEXT factory, Steve demanded the walls to be painted white, certain robots to be painted with certain colors, and putting \$20,000 leather chairs in (O6-6).

O7 - Steve carried some stubborn and/or weird beliefs. He believed that his strict vegetarian diet will not cause body odor which is not true, and he would not use deodorant nor shower regularly (O7-1) (Isaacson, 2013). Even when paternity test confirmed he was the father of Lisa, he kept telling others that he was not (O7-2). Bill Atkinson said Steve had the ability to deceive even himself (O7-3) (Isaacson, 2013). Steve has a binary world view - everything is either "excellent" or "total shit" to him (O7-4).

Differential Diagnosis

With a false belief regarding the therapeutic of LSD, Steve had been using it for decades. LSD may cause permanent neurotic damages. Particularly, HPPD with its instant visual triggers may help us explain why Steve had such crazy obsessions with everything graphics, and why he would behave erratically for no particular reason sometimes. There is no record on how often Steve "meditate" with LSD and how much damage it caused on certain parts of Steve's brain. Therefore, it is hard to conclude that some of his behavioral issues were drug-induced. The listed observations do not involve Steve's cancer treatment periods, thus ruling out the possibility of medical-condition induced disorders. Rather, the observations reflect his consistent patterns over decades of his life. Mappings of observations to respective DSM-5 diagnostic criteria are in the tables listed below.

O codes	301.4 - 1	301.4 - 2	301.4 - 3	301.4 - 4	301.4 - 5	301.4 - 6	301.4 - 7	301.4 - 8
O1-1						1		
O1-2						1		
O1-3				1				1
O1-4			1					
O1-5				1		1		
O3-2								1
O3-3								1
O3-3	1							1
O3-6				1				
O5-2				1				
O6-1		1	1					
O6-2	1	1						1
O6-3	1	1		1				
O6-4		1				1		1
O6-5		1		1				
O6-6	1			1		1		1
O7-1				1				1
O7-2				1				1
O7-3				1				
O7-4				1				1

Table 1

Diagnosis of Obsessive Compulsive Personality Disorder

O codes	MN-A	MN-B 1	MN-B 7	MN-C	HY-D
O2-1				1	
O2-2	1			1	
O2-3			1		
O2-4					
O2-5	1			1	1
O2-6			1		
O3-2		1			
O4-1				1	1
O5-1			1		

Table 2

Manic and Hypomanic Symptoms

O codes	301.81-1	301.81-2	301.81-3	301.81-4	301.81-5	301.81-6	301.81-7	301.81-8	301.81-9
O1-2	1								
O1-4					1		1		
O2-1							1		
O2-4	1		1						1
O2-5							1		1
O2-6									1
O3-1				1					
O3-2	1								1
O3-3	1								1
O3-3	1				1			1	1
O3-4	1	1			1	1			1
O3-4	1	1	1						
O3-5	1				1				1
O3-6	1						1		1
O4-1						1	1		
O7-2						1			
O7-3						1			
O7-4							1		

Table 3

Diagnosis of Narcissistic Personality Disorder

The paper ruled out other types of disorders except for the Personality Disorders (PDs). The paper also ruled out the following PDs:

- General personality disorder (the behaviors did not deviate remarkably from the norms)
- Paranoid personality disorder - 301.0 (there was no pervasive distrust and suspiciousness)
- Schizoid personality disorder - 301.20 (there was no pervasive pattern of detachment from social relationships)
- Schizotypal personality disorder - 301.22 (criteria not met)
- Antisocial personality disorder - 301.7 (there was no pervasive pattern of violation

of the rights of others)

- Histrionic personality disorder - 301.50 (evidences were weak and not enough)
- Avoidant personality disorder - 301.81 (criteria not met)
- Dependent personality disorder - 301.6 (criteria not met)

The paper still considers Borderline Personality Disorder - 301.83 - as Steve did inhibit symptoms of: patterns of unstable and intense interpersonal relationships (strong evidence), affective instability due to a marked reactivity of mood, chronic feelings of emptiness (weak evidence), uncontrollable anger (strong evidence), stress-related paranoid ideation (weak evidence).

Discussions

Human behaviors and mental health are constantly under a huge mix of controllable and uncontrollable forces, coming both from within and from external environment. For example, cell phones and internet addiction is real Cash, Rae, Steel, and Winkler (2012), which is the result of both greedy application designs (the external factor) and the people's needs for virtual statuses (the internal factor). Among these economy of forces, a person may gradually forms his or her own patterns of choices Green and Shapiro (1995). The mechanisms forming such patterns can be established as early as childhood and extend their influences way into adult well-being Hampson (2008). For example, children with strong conscientiousness are more likely to perform well at schools, to stay married longer, and to have better jobs. Such mechanisms may be strengthen or weaken over the life course McAdams and Olson (2010) due to meditation and moderation factors. Hence, understanding Steve Jobs and his mental issues requires us to take different perspectives.

From a global perspective

Regarding personality development, McAdams and Olson (2010) proposed three levels of individuality: 1. Dispositional traits; 2.Characteristic adaptations; and

3. Integrative life narratives. It is possible that Steve's parents abandonment of him had shaped his life narratives and characteristic adaptation patterns in certain negative ways. In addition, his adoptive parents appeared to not putting enough controls on young Steve's impulsive behaviors. As Muris and Ollendick (2005) had pointed out, children with impulsive behaviors may grow up to be adults with low levels of agreeableness.

The 60s and 70s were referred to as the "traumatic years" when Americans strongly expressed their revolutionary intentions and actively tried to alter the shape of: 1. race and racism; 2. war and imperialism; 3. sex and sexism; 4. exploitation and environmentalism; and 5. government and the misuse of power (Ahlstrom, n.d.). For example, Martin Luther King's movement woke up the self-consciousness in the black American communities while shaken the white Americans' conscience. The anti-Vietnam war attracted people's participation, posing great challenges to the drastic war escalation by President Johnson. Feminist movements were ignited by Betty Friedan's *The Feminine Mystique* in 1963. Young Americans were at the heart of these movements and in return, these movements deeply impacted the educational institutions and their young students. Antidepressant drugs were prescribed much more often and were not associated with the stigma around anxiolytic drugs Horwitz (2010). Steve Jobs rebellious actions such as paying absolutely zero attention during classes, moving out to live with his girl friend right after high school, dropping out of college, using drugs may not be unique to his own personality after all. External factors such as feminist movements could be translated to females being open in their sexual relationships which could directly affect Steve and Brennan relationships.

In the 80s and 90s, Malhotra, Steele, and Grover (n.d.) listed 23 major issues a manager had to constantly solve. The top issues are: quality management (product quality vs. prices), manufacturing strategy, process technology, organizational development, and product planning (time to market). Managing all 23 issues have always been challenging and the nature of the digital tech industry demands fast product development cycle. For example, the main reason why the Apple III computer

was not successful because production cycle was slow and by the time the machines got to market, there were other more powerful machines. Compared to other big tech companies such as Microsoft, IBM, or Sun Microsystems, Apple had been developing both computing hardwares and softwares as part of Steve Jobs' end-to-end strategy. Hence, Steve could have faced twice the production problems that others faced. Even Bill Gates was known for his erratic behaviors as the CEO of Microsoft.

Going to war on a daily basis would probably be the right way to describe tech companies during the 80s and 90s. For one reason, gaining a strong foothold was critical for the survival of a company especially in this early period of digital technology. Releasing a good product was not enough. A company has to prove that its products are the best products. For example, IBM was known for making really affordable personal computers and Microsoft was known for making the best softwares. As a company that makes both softwares and hardwares, Apple had had lots of fights in its agenda, one of which is the long lasting fight with Microsoft over the operating system graphical interface. The brutality of these fights were reflected through stock market reactions. As previously shown, changes in Apple stocks could get up to \$20 within one day. It is almost impossible for Steve to stay calm in such environment.

From a personal perspective

All of the above-mentioned external elements still cannot defend or explain some of Steve Jobs' strange behaviors. For example, he was so obsessed with perfection that he had troubles with buying furniture for his own house. Even after his marriage, it took years for Steve and his wife to decide on which washer/dryer should they buy. The relationship between him and Lisa remained rocky throughout the years until his death. Personally, Steve understood his mental issues and unofficially seek helps one way or another. This self-awareness was the main reason why he delayed his proposal to Laurene. He himself did not believe that Laurene would survive a marriage with him.

Being fired from his own company did have a positive impact on him. It stripped him off the ability to build a great, long lasting company. This reality check acted like

the first step in a cognitive therapy program (APA, n.d.) and forced Steve to really contemplate his beliefs and past actions. One of the biggest changes was that he could work better with others, especially the third-party vendors and suppliers. Running NEXT and Pixar at the same time, Steve probably realized that he had to rely more on his experts in order to get things done. However, it did not mean that Steve's obsession with perfection and controls went away. In fact, Steve had tighter controls of Apple upon his return to the company. To a certain point, this style of management saved Apple time in executing the right strategical moves.

Loosing Apple once, Steve did not have to care about maintaining a perfect picture which is something he may desperately care about with his OCPD prior to being fired. Going back to Apple, Steve seized all controls but also took no salary and had been always ready to walk away again. The paper suspected that this was the time he learned about true, and unconditional love. This leads us to another question: did Steve really love his daughter - Lisa? There are indeed differences in between Steve's love for Lisa and those for his children with Laurene. However, both Lisa and Laurene's children all agreed that Steve loved his companies the most. This pattern may not have anything relating to his personality issues since love should be universal and Apple was born before all of his children.

Conclusion

Overall, Steve Jobs is one of the most influential American citizens with tremendous contributions to the society. Over the years, Steve was somehow able to cure his personality disorder symptoms a little bit. There are, however, symptoms that lasted until his death. Experiential avoidance (EA) was one of those symptoms. The paper diagnosed Steve Jobs with Obsessive Compulsive Personality Disorder (301.4) and Narcissistic Personality Disorder (301.81) with a stand-by diagnosis of Borderline Personality Disorder. Noticeably, EA was found to be the shared factor between Obsessive Compulsive Personality Disorder and Borderline Personality Disorder (Wheaton & Pinto, 2017). Since there is growing body of evidence proving the link

between OCPD and damaged brain functions (Alex et al., 2010), the paper suspected the key role of LSD in Steve's mental issues as prolonged LSD usage may result in irreversible brain damages. It could be the reason why Steve was aware of his issues yet was not be able to control them. It almost stopped him from marrying Laurene.

Supports from co-workers, friends and family are crucial in helping people with OCPD and NPD. It helps to keep the relationship grounded in reality and do not hesitate to let the reality speak for itself. The Apple team figured out several strategies in dealing with Steve as his wife also managed her marriage well. More importantly, the case of Steve Jobs is another proof that people with mental issues can still be an outstanding members of our society. They just need the right understanding, attitudes, and supports.

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