

Understanding

BORDERLINE PERSONALITY DISORDER

Do you or your loved one suffer from BPD? If so, don't despair. Help is available to grant you the life that you deserve!



SYMPTOMS

Impulsivity

Someone with BPD will often engage in reckless behaviors, like breaking up on a whim, going on a spending spree, or even harming themselves.

Mood swings

People suffering from BPD experience intense emotions that can shift abruptly. These mood changes are usually short-lived, lasting a few hours. Feelings can include anger, desperation, and hopelessness.

Shaky sense of self

This can be one of the most painful symptoms. Individuals with BPD struggle to maintain their identity, and so their goals, beliefs, and habits are constantly changing. As a result, life often feels chaotic and terrifying.

Erratic relationships

Because their feelings for their partner can shift dramatically, people with BPD have a hard time maintaining relationships. At the same time, abandonment can feel incredibly painful to them.

TREATMENT

Dialectic behavior therapy (DBT)

An evidence-based treatment for BPD, DBT helps you balance change and acceptance as coexisting opposites to help make life worth living.

1. Individual sessions

The first component of DBT consists of individual therapy to help you control your feelings and tolerate distress.

One technique often taught is mindfulness: the ability to look at your emotions without judgment.

2. Group training

The second component of DBT is group skills training.

With the help and compassion of people who know firsthand what you're going through, you can develop new interpersonal skills and leave the chaos behind.

3. Phone consultations

Life can be demanding, with or without BPD, but you are not alone. To help you cope with the challenges ahead, phone consultations are provided as needed to support you on your journey.

References

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Mason, P. T., & Kreger, R. (1998). *Stop Walking on Eggshells*. New Harbinger.

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