

BORDERLINE PERSONALITY DISORDER

Borderline Personality Disorder (BPD) is a disorder of emotion regulation affecting up to 5% of the population.

LIVING WITH BPD IS NO LONGER THE IMPOSSIBLE



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**IF VARYING MOODS , SELF-IMAGE, AND BEHAVIOR HAS RESULTED IN HARMFUL IMPULSIVE
ACTIONS THAT ARE STRAINING YOUR RELATIONSHIPS WITH YOURSELF AND OTHERS**

YOU MAY BE SUFFERING FROM BORDERLINE PERSONALITY DISORDER

What is general mood disorder?

Borderline personality disorder is a mental illness marked by an ongoing pattern of varying moods, self-image, and behavior.

Those with BPD may suffer from Intense Episodes of

Anger
Depression
Anxiety

These episodes can last from a few hours to days. Up until a few decades ago, those diagnosed with the disorder were thought to be untreatable.

Despite this shift, individuals living with BPD continue to face surplus stigma. However, evidence-based treatments, have helped change the narrative for people with the disorder to one of recovery and hope.

What are signs and symptoms of BPD?

BPD effect many elements in a person's life as it influences their emotions, behaviors and actions - most recognizably impairing their interactions and relationships



How You View The World

Borderline personality disorder causes mood swings that display uncertainty about how a person sees themselves and their role in the world. As a result, their interests and values can change quickly.



Function in Extremes

People with borderline personality disorder also tend to view things in extremes, such as all **good** or all **bad**. Their opinions of other people can also change quickly. An individual who is seen as a friend one day may be considered an enemy or traitor the next. These shifting feelings can lead to intense and unstable relationships.

You may also experience

- Efforts to avoid real or imagined abandonment
- Intense and Unstable relationships, extreme closeness or extreme dislike
- Distorted or Unstable self-image or sense of self
- Impulsive and Dangerous Behaviors (substance abuse or reckless driving)
- Self-harming behavior (cutting)
- Inappropriate or Intense Anger and lack of anger control
- Feelings of disassociation and seeing oneself outside of their body

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What are the risk factors of BPD?

Risk Factors

The cause of borderline personality disorder is not yet clear, but research suggests

Genetics have a strong influence on developing the illness.

Brain structure and function, and environmental, cultural, and social factors also play a role, or may increase the risk for developing borderline personality disorder

A wide spectrum of environmental factors may contribute to the disorders' development (Emotional, Sexual Abuse, and Neglect)

What illnesses coexist with BPD?

Coexisting Illnesses

BPD often occurs with other illnesses making it harder to diagnose and treat.

About 85% of people with BPD also meet the diagnostic criteria for other mental illnesses.

Women with BPD are more likely to have co-occurring disorders such as major depression, anxiety disorders, or eating disorders.

In men, BPD is more likely to co-occur with disorders such as substance abuse or antisocial personality disorder.

What are the treatment options for Borderline Personality Disorder?



Medications

While no medication has been approved to treat BPD, mood stabilizers may be used to treat impulsive behavior and many of the co-morbid conditions. Medication, though, is rarely effective without individual therapy and group or family therapy as the cornerstone.



Psychotherapy

Dialectical Behavior Therapy (DBT) is considered a gold standard and is nearly always chosen for treatment. This combines acceptance and change strategies to help individuals recognize their behaviors and mood swings, and process negative thoughts and feelings. The treatment goal is for patients to learn better coping mechanisms such as emotion regulation and distress tolerance skills.

MHA Georgia's

Tips and Tricks to Mental Health Wellness!

- 1 Know Your Triggers and Early Warning Signs of a Manic or Depressive Episode
- 2 Create Your Emergency Action Plan with Contacts, Medications and Preferred Treatment Plan
- 3 Don't Isolate! Join a Support Group or Reach Out to people you trust or call a free Hotline
- 4 Ride It Out! Adapt a timer system when the peak of emotional urges and impulsivity overwhelm you
- 5 Breathe Deeply use this Relaxation Technique and Ground Yourself in the rhythm of your breathing
- 6 Help Someone Else, no matter how small, this can help you release emotional pain and connect to the world



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For Immediate Access to Routine or Crisis Services
Georgia Crisis & Access Line
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Mental Health. For additional information, please visit
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