

Borderline Personality Disorder

What is it?

- Borderline personality disorder is characterized by difficulties regulating emotions.
- Individuals experiencing borderline personality disorder feel intense emotions for various, extended periods of time. These feelings can lead to impulsivity, problems in relationships, self-image issues, fear of abandonment, and difficulty managing emotions
- The National Alliance on Mental Health estimates that “1.4% of the adult U.S. population experiences borderline personality disorder.”

Symptoms

- Severity and frequency of the symptoms vary upon the individual. Not everyone experiences every symptom.
- Symptoms can also be triggered by events that appear ordinary.
 - Frantic efforts to avoid real or imagined abandonment by friends and family
 - Unstable personal relationships that alternate between idealization (extreme closeness and love) to devaluation (extreme anger or dislike).
 - Distorted and unstable self-image or sense of self, which affects moods, values, opinions, goals, and relationships
 - Impulsive behaviors that can have dangerous outcomes, such as excessive spending, unsafe sex, reckless driving, binge eating, or misuse/overuse of substances
 - Self-harming behavior, suicidal threats or attempts
 - Wide mood swings of intense depressed mood, irritability, or anxiety lasting a few hours to a few days
 - Chronic feelings of boredom or emptiness
 - Inappropriate, intense, or uncontrollable anger often followed by shame and guilt
 - Dissociative feelings (disconnecting from your thoughts or sense of identity or “out of the body” types of feelings) and stress-related paranoid thoughts.

Treatment Options for Borderline Personality Disorder

- Psychotherapy
 - Dialectical Behavior Therapy (DBT)
 - Cognitive Behavioral Therapy (CBT)
- Medication