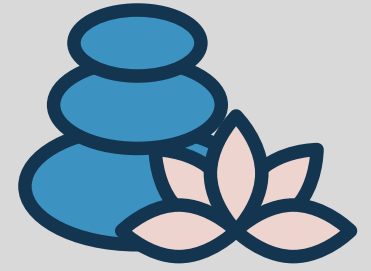




# Borderline Personality Disorder (BPD)



## What is a personality disorder?

Individuals have a unique set of personality traits that make them who they are. Due to a number of factors, personality traits can become rigid and inflexible, and this can affect various domains of their lives (e.g. work, university and relationships). This pattern of inflexibility is called a personality disorder.

Personality disorders usually begin in the teenage years or early adulthood.



## What is BPD?

BPD is a personality disorder characterised by a pervasive pattern of emotional dysregulation, disturbed self-image, difficulties with impulse control, and problems managing interpersonal relationships.

## Characteristics of BPD



- Impulsive and risky behaviour, such as having unsafe sex, gambling, excessive substance use or binge eating.
- Unstable or fragile self-image.
- Unstable and intense relationships.
- Up and down moods, often as a reaction to interpersonal stress.



- Suicidal behaviour or threats of self-injury.
- Intense fear of being alone or abandoned.
- Ongoing feelings of emptiness.
- Frequent, intense displays of anger.
- Stress-related paranoia that comes and goes.



## If you think you have BPD, here are some things you can try:

- Talk to a trusted person about your overwhelming feelings.
- Try breaking difficult tasks up into 5-minute chunks. Do them one little step at a time.
- Keep a mood diary so that you can discover a pattern of what situations are particularly difficult for you.



- Plan ahead for such difficult, stressful situations.
- Practise mindful meditation to calm your mind and feelings.
- If you are strongly suicidal, contact emergency services immediately.

## If you suspect a friend or family member has BPD, you can:

- give them a listening ear.
- help them to identify patterns in their behaviour.

- help them to rehearse how to get through stressful situations.
- connect them to mental health professionals or emergency services, if necessary.

## Finding help at Monash

In MUM, the following people are trained in helping personality disordered clients:

Clinical Psychologists (assessment & treatment)

All Counsellors (treatment)\*

\*You do not require a formal diagnosis for treatment to begin.



## To find out more about BPD, visit these links

<https://www.helpguide.org/articles/mental-disorders/borderline-personality-disorder.htm>

<https://www.helpguide.org/articles/mental-disorders/helping-someone-with-borderline-personality-disorder.htm>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/about-bpd/>

