

Fast Facts

Borderline Personality Disorder

- A mental health disorder
- Causes problems with the ability to function in everyday life because it alters the way you think and feel not only about yourself, but others
 - Usually presents in early adulthood, which is when it seems to be at its worst
- Cause unknown, but thought to be related to several factors, such as environmental (history of child abuse/neglect), genetics (family history of mental health disorders) and brain abnormalities (changes in areas or chemicals of the brain that help to regulate emotions, mood, impulsivity and aggression)
- Risk of developing it increases if you have a close family member with the disorder, you were abused/neglected during childhood, you were lost/separated from a parent/caregiver, your parents/caregivers had substance abuse problems or you grew up in an environment where hostile conflicts and unstable family relationships were the norm

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Intense fear of abandonment -Intense and unstable relationships -Self-identity and self-image change rapidly causing goals and values to shift as well -Ongoing feelings of emptiness -Episodes of stress-related paranoia triggering loss of contact with reality for several minutes to hours -Wide mood swings that can last a few hours to days (happiness, irritability, shame or anxiety) -Periods of strong, inappropriate anger -Engage in activities that are impulsive and risky -Suicidal thoughts/self-harm 	<p><u>Psychotherapy</u></p> <p><i>Goals:</i></p> <ul style="list-style-type: none"> -Focus on your current ability to function -Learn how to manage emotions that are uncomfortable for you -Reduce impulsiveness by helping you to observe your feelings before acting on them -Work on improving your relationships by increasing your awareness of your own feelings and those around you <p><u>Medications</u></p> <p><i>Goals:</i></p> <ul style="list-style-type: none"> -Treat symptoms -Treat other concurrent problems 	<ul style="list-style-type: none"> -None at this time

Note: If you're feeling suicidal, seek help immediately. Call 911 or your local emergency number. Call a suicide hotline, such as the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). This is a 24-hour number, so help is always available. If you're a veteran, call the number and press "1" to get to the Veterans Crisis Line. You can also reach out to loved one, close friend, trusted peer/co-worker, your mental health provider/doctor or someone within your faith community.

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