

What is Borderline Personality Disorder (BPD)?

Borderline Personality Disorder describes individuals with patterns of disorganised and unstable self-image, moods and personal relationships, accompanied by impulsive behaviours. People with this diagnosis have difficulty in regulating their emotions and behaviours and are often described as 'dysregulated'.

Key Characteristics of BPD.

- Individuals have difficulty knowing who they are and may be uncertain about life goals, roles in relationships, sexuality, career choices.
- Moods can shift from lows of depression and loneliness to anxiety and irritability.
- They often have difficulty trusting others and can fear that others will abandon them.
- Emotions are intense, often leading to destructive behaviours towards self and others i.e. self-harm, aggression, rejection.
- Individuals can act on impulse, for example they may engage in excessive spending, promiscuity, shoplifting, gambling, binge-eating and drug or alcohol abuse.