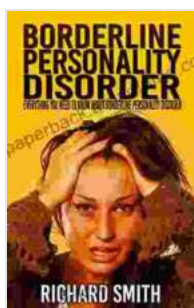


# Everything You Need To Know About Borderline Personality Disorder

## What is Borderline Personality Disorder?

Borderline Personality Disorder (BPD) is a serious mental illness that can cause significant distress and impairment. People with BPD often have difficulty regulating their emotions, thoughts, and behaviors. They may also experience intense mood swings, impulsive behavior, and unstable relationships.

BPD is a complex disorder that is not fully understood. However, it is thought to be caused by a combination of genetic and environmental factors. People who have a family history of BPD are more likely to develop the disorder. Additionally, people who have experienced trauma or abuse are also at an increased risk.



## Borderline Personality Disorder: Everything You Need To Know About Borderline Personality Disorder

★★★★☆ 4.3 out of 5

Language	: English
File size	: 403 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 192 pages
Lending	: Enabled

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## **Symptoms of Borderline Personality Disorder**

The symptoms of BPD can vary from person to person. However, some of the most common symptoms include:

\* Intense mood swings \* Impulsive behavior \* Unstable relationships \* Fear of abandonment \* Suicidal thoughts or behavior \* Self-harm \* Difficulty regulating emotions \* Feeling empty or worthless \* Chronic feelings of anger or rage \* Difficulty controlling spending or other impulsive behaviors \* Substance abuse \* Eating disorders

## **Causes of Borderline Personality Disorder**

The exact cause of BPD is unknown. However, it is thought to be caused by a combination of genetic and environmental factors. People who have a family history of BPD are more likely to develop the disorder. Additionally, people who have experienced trauma or abuse are also at an increased risk.

Some of the risk factors for BPD include:

\* Having a family history of BPD \* Experiencing trauma or abuse \* Having a history of mental illness \* Having a substance abuse problem

## **Treatment for Borderline Personality Disorder**

There is no cure for BPD, but treatment can help to manage the symptoms and improve quality of life. Treatment for BPD typically includes a combination of therapy and medication.

Therapy for BPD can help people to learn how to regulate their emotions, thoughts, and behaviors. It can also help people to develop healthier

coping mechanisms and improve their relationships. Some of the most common types of therapy for BPD include:

\* Dialectical behavior therapy (DBT) \* Cognitive-behavioral therapy (CBT) \* Schema therapy \* Psychodynamic therapy

Medication can also be helpful in treating BPD. Medication can help to stabilize mood swings, reduce impulsivity, and improve other symptoms. Some of the most common types of medication used to treat BPD include:

\* Antidepressants \* Mood stabilizers \* Antipsychotics

## **Outlook for Borderline Personality Disorder**

The outlook for people with BPD can vary. With treatment, many people with BPD are able to manage their symptoms and live full and productive lives. However, BPD can be a serious disorder and it is important to seek treatment if you think you may have it.

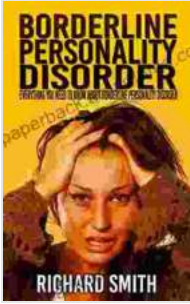
If you are concerned that you may have BPD, talk to your doctor or mental health professional. They can help you to get the diagnosis and treatment you need.

## **Additional Resources**

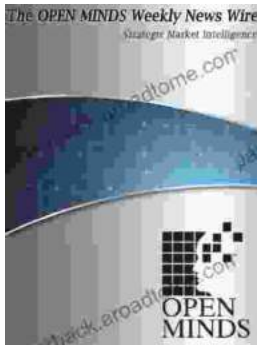
\* The National Alliance on Mental Illness (NAMI): <https://www.nami.org/> \* The American Foundation for Suicide Prevention: <https://afsp.org/> \* The National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

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