

Identification Guide for Borderline Personality Disorder

What is Borderline Personality Disorder (BPD)?

Borderline personality disorder (BPD) isn't just a moody or dramatic attitude that comes and goes. It's a severe behavioral problem which an individual is unable to control. It can damage all aspects of a person's life, from relationships and work to sex and religion. Unstable moods, rocky relationships, and risky behaviors characterize the effects BPD can have on a person.

Individuals with BPD have difficulty controlling their emotions, and often engage in dangerous or impulsive behaviors, such as reckless driving, binge drinking, or risky sexual encounters. When their instability begins to interfere with personal or professional life, people with borderline personality disorder feel overwhelmed and unable to deal effectively with their problems.

According to the National Institute of Mental Health, BPD affects 2 percent of adults, mostly young women. It is an extremely serious disorder because of the high risk of self-injury and suicide. Many people with BPD benefit greatly from a consistent regime of mental health interventions, such as counseling or inpatient services.

Identification Guideline for BPD

Do you have problems understanding who you really are?

Are you a moody person?

When something goes wrong, do you take extreme actions?

Do you ever feel numb or empty?

Do you make a lot of spontaneous decisions?

Do you do things that are wild or risky?

When you're angry, do you express rage in ways you later regret?

If the answer is yes to one or more of the questions above, please contact a mental health professional. Borderline personality disorder is a serious mental health condition that can be treated.

Disclaimer - This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.

Signs and Characteristics of Borderline Personality Disorder

People who suffer from BPD experience rapid, intense mood changes including anger, depression, and anxiety that may only last a few hours or a day.

Impulsive aggression, self-injury, and drug abuse are common problems for individuals with BPD.

Individuals with BPD tend to have extreme perspectives; either things are great or horrible, but there is rarely a "gray area."

People with BPD may view themselves as basically bad or worthless.

Feelings of emptiness, boredom, being misunderstood, or isolated are many of the difficulties caused by BPD.

People with BPD often do everything they can to avoid being alone.

A history of unstable or stormy relationships may signify the presence of BPD. Loved ones may easily become hated and vice versa.

Individuals with BPD may react with anger and distress to everyday separation or rejection, which stems from a fundamental fear of abandonment.

Borderline behaviors include excessive spending, driving recklessly, binge eating, harming one's body, and risky sex.

BPD often occurs in conjunction with other mental health conditions, including depression, bipolar disorder, anxiety disorders, substance abuse and other personality disorders.



If you think you or someone you know might be suffering from a borderline personality disorder, please seek help from a mental health professional.

Call us. We can help!
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