

Download Essential Family Guide To Borderline Personality Disorder

Borderline personality disorder (BPD), also known as emotionally unstable personality disorder (EUPD), is a long-term pattern of abnormal behavior characterised by unstable relationships with other people, unstable sense of self and unstable emotions. There is often dangerous behavior and self-harm. People may also struggle with a feeling of emptiness and a fear of abandonment. People with borderline personality disorder see people as all good or all bad and have extreme, blink-of-an-eye mood swings. Their fear of abandonment, combined with feelings of emptiness and self-loathing, makes others feel like they're constantly walking on eggshells. This page describes borderline personality disorder and offers advice and help links. But there is a lot of stigma around personality disorders. People living with borderline personality disorder may be given hurtful labels. But no one is ever just their diagnosis, whether they're living with a personality disorder or any other mental illness. - Essential Family Guide To Borderline Personality Disorder