

What is Borderline Personality Disorder?

By Craig Miller

There is a common but rarely talked about mental health condition called Borderline Personality Disorder (BPD). The symptoms can affect anyone, but it is often diagnosed as early as an adolescent or young adult and women seem to develop it more often than men. BPD can be summarized as instability in mood, thinking, behavior, personal relations, and self-image.

These individuals may exhibit symptoms such as, frequently demanding attention with unreasonable demands; interprets every problem as a crisis; displays provocative behavior; threatens or attempts suicide; sudden, unexplained mood swings that can have episodes of explosive anger or periods of isolation; brief periods of severe depression or anxiety; engages in self-destructive behavior like reckless driving or abuse of alcohol and other drugs; frequently say they are bored or life is empty even if they are involved with activities; do not take responsibility and believes everyone else is to blame for their wrong actions; never can be wrong; becomes easily jealous and paranoid of others; unable to recognize their own selfish, critical, blaming, antisocial, callous, reckless, impulsive, irritable, deceitful, emotionally shallow, self-dramatizing, self-indulgent, demanding, excitable, and vain personality- but has not difficulty blaming everyone else for exactly these same traits. BPD symptoms are more easily identified by other and individuals do will not always fit all of the aforementioned traits but often identify with most of them.

Research shows childhood trauma, with a chaotic, abusive and neglectful homes, have also been cited as possible causes. Because the Borderline person was often blamed, hurt, disappointed, neglected, or told they were wrong as a child, they will usually become defensive and respond the same way to others without seeing the behavior in themselves.

Although counseling is a common chosen treatment to help the individual recognize and control their behaviors and mood swings, and process negative thoughts and feelings, it is very hard to convince them to receive it. Entering counseling is considered admitting to the very thing they never want to believe about them self - they want everyone to be the problem. If you can get them into counseling, it is important to address the emotional, spiritual, social, and vocational needs while being open to learning about their own condition (otherwise, treatment will not be effective). Personality disorders are long-standing methods of coping with the world, relationships, and emotions, that often do not work. Medications can be used to help stabilize mood swings and impulsive behavior. Medication, though, is rarely effective without individual therapy and group or family therapy as the cornerstone. Excerpts from: Mental Health America, www.mentalhealthamerica.net. For more information you can contact Treatment and Research for Personality Disorder(TARA)Toll-Free Hotline: (888) 4-TARA-APD, Website URL: www.tara4bpd.org

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