



Kopal Sharma

OPENS UP ABOUT HER
"BORDERLINE PERSONALITY DISORDER"

"Keep Winning!" - An Initiative By Consult Aniket



**IN A SIMPLE WAY,
CAN YOU EDUCATE
US ABOUT
“BORDERLINE
PERSONALITY
DISORDER”?**

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"BPD is a mental health disorder that impacts the way you think and feel about yourself and others, causing problems functioning in everyday life. It includes self-image issues, difficulty managing emotions and behavior, and a pattern of unstable relationships.

Imagine you have a big box of colorful crayons. Each crayon represents a different feeling or emotion that people have, like happy, sad, angry, and more. Most of the time, these crayons work together nicely, taking turns to color feelings.

Now, someone who has Borderline Personality Disorder, or BPD for short. It's like..."



**IN A SIMPLE WAY,
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PERSONALITY
DISORDER”?**

(Contd...)

.....

"...their crayons sometimes get a little mixed up. Their feelings can change very quickly and become really strong, like going from happy to sad very fast.

Imagine if you were playing a game with your friends, and suddenly you felt really, really upset about something small. It's like the upset crayon in your box suddenly got really bright and took over the coloring for a while. But just as quickly, it could go back to normal.

People with BPD might also worry a lot that their friends or family might..."

KOPAL ANSWERS Q1



**IN A SIMPLE WAY,
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(Contd...)

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"...not like them anymore. They might feel like their relationships are a bit shaky, even when they're not. It's like they sometimes see things through a wobbly lens that makes them worry more. So, BPD is when someone's feelings sometimes go all over the place, and they can have strong emotions that change quickly. It's important for them to get help and learn how to use their crayons in a more balanced way, so they can have happier and more colorful days."



HOW & WHEN DID YOU FIND OUT THAT YOU HAVE "BORDERLINE PERSONALITY DISORDER"?

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"After my long-term relationship of over 8 years ended, I was in a bad space mentally and ended up going on a self-sabotage spree. That is when I knew I needed help and went to a psychiatrist. I was then diagnosed with this disorder on 2nd January 2023."



HOW HAS BEEN YOUR PERSONAL EXPERIENCE SO FAR, LIVING WITH "BORDERLINE PERSONALITY DISORDER"?

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"When I was diagnosed with BPD, I initially felt relief and viewed it as if all my questions had been answered. I finally knew what was wrong with me. With little knowledge, my first resort was the internet. I aimed to connect with people, learn about their journeys with BPD, and understand how to manage it. However, this approach led me to see myself as a project rather than being kind to myself. I began to define myself solely by BPD, neglecting everything else that made up Kopal. To be honest, this was..."



HOW HAS BEEN YOUR PERSONAL EXPERIENCE SO FAR, LIVING WITH "BORDERLINE PERSONALITY DISORDER"?

(Contd...)

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"...challenging and took a toll on my mental health. Consequently, I ended up sabotaging various aspects of my life, including my job, friendships, and relationships. While there was a positive aspect of increased awareness, I didn't know how to effectively utilize it.

The initial 3-4 months were tough, but seeking help was the first step. This led me to work with multiple therapists until I found the right fit. Presently, I am engaged in life coaching, which differs significantly from traditional therapy. It combines..."



HOW HAS BEEN YOUR PERSONAL EXPERIENCE SO FAR, LIVING WITH "BORDERLINE PERSONALITY DISORDER"?

(Contd...)

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"...teachings from Buddhism and Vipassana with therapeutic techniques.

Today, I am learning to treat myself with kindness and to see BPD as a trait, not my entire identity. Most importantly, I am looking beyond the label and working to heal my inner child. I am striving to understand the underlying causes of my reactions and increase my self-awareness. This journey is beautiful, I must say. Also, no there is nothing wrong with me, I am human with a little kid inside that needs love and care."



WHAT IS IT THAT YOU ARE DOING, (MEDICALLY & OTHERWISE) TO OVERCOME "BORDERLINE PERSONALITY DISORDER"? HOW HAPPY & HEALTHY ARE YOU, WITH THESE RESULTS & EFFECTS?

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"Starting with the most important thing, I have addressed four key aspects of my life: my sleep cycle, food habits, the abandonment of alcohol, smoking, and substances, and my commitment to regular exercise. Additionally, I have taken the initiative to educate my friends and family about my situation, while actively participating in therapy and life coaching. Furthermore, I have dedicated time to self-reflection. Despite encountering triggers, I am..."

KOPAL ANSWERS Q4



WHAT IS IT THAT YOU ARE DOING, (MEDICALLY & OTHERWISE) TO OVERCOME "BORDERLINE PERSONALITY DISORDER"? HOW HAPPY & HEALTHY ARE YOU, WITH THESE RESULTS & EFFECTS?

(Contd...)

"...diligently working on enhancing my self-awareness, which in turn positively affects my self-esteem and confidence. While the concept of constant happiness is a misconception, I find myself in a state of contentment. I am satisfied with the decisions I have made for my own well-being, and I have achieved a sense of inner peace. Importantly, I practice self-acceptance without judgment, even in moments of self-critique.

As I mentioned earlier, I have a deep affection for the childlike spirit within me."



WHAT'S YOUR MESSAGE FOR OTHERS, WHO ARE HAVING A TOUGH TIME BECAUSE OF "BORDERLINE PERSONALITY DISORDER"?

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"Firstly, you are more than your BPD. Trust me, if you were to select five individuals from the crowd and accompany them to a therapist or psychiatrist, I'm confident that all of them would receive some form of diagnosis. My intention is for you to refrain from allowing BPD to define your identity. Instead, I encourage you to acknowledge its existence while concentrating on leading your life with consciousness and mindfulness.

Meanwhile, seek assistance from a therapist or life coach, and consider allocating financial resources towards your well-being."

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What's This About?
 This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



Keep Winning!

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KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



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