








## Seasons Counseling Center

# Borderline Personality Disorder & Supporting Adolescents

Helping Teens Understand & Manage Intense Emotions






### Signs & Symptoms of BPD in Teens

-  Deep fear of abandonment or feeling rejected
-  Rapid changes in mood, extreme sadness, anger, and emptiness
-  Intense, unstable relationships
-  Self-harming behaviors or thoughts
-  Impulsiveness, risky actions, or feeling out of control



With the right supports, children with ADHD can thrive at home, in school, and in relationships.

### How Therapy Can Help


-  **Understanding Emotions**  
Teaching teens to identify and regulate intense emotions
-  **Coping Skills**  
Mindfulness, distress tolerance, emotional regulation tools
-  **Building Relationships**  
Improve communication, trust, and self-respect
-  **Safety & Self-Care**  
Address self-harm, emotional triggers, promoting healthy coping
-  **Building a Stable Sense of Self**  
Help teens explore their identity and values




 Chronic feelings of emptiness, stress, or disconnection



Understanding BPD is Key—Healing Starts with Support

 Call: (573) 327-9841

 <https://seasoncc.com/>

