

Borderline Personality Disorder

Ingrid's past three relationships have all involved daily screaming matches, constant bickering, and messy breakups. Ingrid had always wanted to spend every second of every single day with her ex-boyfriends during the relationships, which was a frequent source of conflict. She felt severe separation anxiety whenever they were apart and constantly accused her ex-boyfriends of abandoning her, even when they had important obligations such as work or school. Further, Ingrid's moods are very unpredictable and change multiple times a day. She has recently been engaging in very impulsive behavior, such as running away from home and binge drinking.

Someone with **borderline personality disorder** may have an experience like the one above.

According to MentalHealth.gov, "borderline personality disorder (BPD) is a mental health condition in which a person has long-term patterns of unstable or turbulent emotions. These inner experiences often result in impulsive actions and chaotic relationships with other people."¹

According to MentalHealth.gov, signs and symptoms of BPD can include:

- Uncertainty about identity
- Rapidly changing or shifting interests, values, and feelings
- Extreme perspectives, such as either all good or all bad
- Intense fear of being abandoned
- Cannot tolerate being alone
- Frequent feelings of emptiness and boredom
- Frequent displays of inappropriate anger
- Impulsiveness, such as with substance abuse or sexual relationships
- Repeated crises and acts of self-injury, such as wrist cutting or overdosing ¹

Bibliography

¹ U.S. Department of Health & Human Services, "Borderline Personality Disorder." Accessed July 25, 2013. <http://www.mentalhealth.gov/what-to-look-for/personality-disorders/borderline-personality-disorder/index.html>.