



Borderline Personality Disorder

Common Traits/Behaviors

Alienation of others	Catastrophizing
Always/Never statements	Dependency/engulfment
Feelings of being wronged/invalidated	Confirmation bias
Anger	White hats/black hats (splitting)
Creating chaos/"drama"	Impulsiveness
Self-isolation	Testing people's loyalties
Self-centered behavior	Passive-aggressive behavior
Munchausen-type behavior	Projection

Age of Onset

Presents in teens-early adulthood

Impulsive behavior tends to decrease by around age 40

3:1 female to male

Causes - both genetic & environmental

5x more likely to be diagnosed if a 1st deg. Relative has BPD

Triggers incl.:

-abuse (physical, emotional, sexual)

-neglect/abandonment

DSM-V Criteria 1

Frantic efforts to avoid abandonment

DSM-V Criteria 2

Identity disturbance; unstable sense of self

DSM-V Criteria 3

Impulsivity in at least two self-damaging categories

- sex
- drugs
- food
- spending
- driving...

DSM-V Criteria 4

Recurrent suicidal thoughts/behaviors/threats or self-harm

DSM-V Criteria 5

Mood instability (very reactive)

DSM-V Criteria 6

Chronic feelings of emptiness

DSM-V Criteria 7

Inappropriate, intense anger or difficulty controlling anger

DSM-V Criteria 8

Transient stress-related paranoid ideation (suspicious of others or feelings of being persecuted), or severe dissociative symptoms