



BORDERLINE PERSONALITY DISORDER

What is BLP?

There are several types of personality disorders. The best known is **borderline personality disorder**. People with borderline personality disorder have an extreme or exaggerated fear of losing people around them. They easily feel rejected or abandoned by others, which creates conflicts in their social relationships. They therefore have a great need for the members of their entourage to reassure them about the fact that they are present and about the importance of their relationship.

Borderline personality disorder affects the way people think and act.

It disrupts:

Emotions;
Behaviour;
Self-image and identity;
Relationships with others.

<https://www.quebec.ca/en/health/health-issues/mental-health-mental-illness/borderline-personality-disorder>

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What behaviours are observed?

CAUTION

- **Unstable relationships or conflicts with others.**
- **Negative image or self-esteem:** devalue self, feel misunderstood;
- **Changing mood:** can be in a good mood and quickly become irritable, sad or anxious.
- **Outbursts of anger:** suddenly getting angry with people and starting to hate them.
- **Hostile or rigid attitudes:** strive to have the last word, or become overwhelming or jealous.
- **Indecisiveness:** often change your career goals or personal values.
- **Difficulty in tolerating certain emotions:** impulsive, deviant or self-destructive behaviours, for example:
 - Excessive use of alcohol, drugs or medication,
 - Excessive spending,
 - Driving in a dangerous way,
 - Committing crimes,
 - Engaging in risky sexual behaviours,
 - Self-harm.
- **Expressing suicidal ideations** or making suicidal threats.

Last update: 2021/08/13 – Please note that some information or resources may have changed since the last update.





OTHER SIGNS AND SYMPTOMS

- Fear of being abandoned and rejected by others;
- Difficulty with loneliness;
- Low self-esteem or changing self-perception: for example, the person may at one time find himself extraordinary and exceptional and then immediately after feel useless and incompetent;
- Permanent feeling of great inner emptiness: for example, the person says he has no feelings, thoughts or dreams;
- Boredom;
- High sensitivity to negative criticism from others;
- Loss of contact with reality in certain circumstances, especially in extremely stressful situations.

WHEN TO CONSULT?

Consult a doctor or other health care professional if you are experiencing any of the following situations:

- You are experiencing distress;
- You have difficulty fulfilling your social, professional or family responsibilities;
- You think about hurting yourself or someone else
- You have suicidal thoughts

A healthcare professional will be able to assess if you have a borderline personality disorder. He will offer you a treatment plan adapted to your needs.

Équipe Santé Mentale Jeunesse
Youth Mental Health Team
CIUSSS-ODIM

Douglas
FONDATION
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RESOURCES



- **Info-Sociale** (8-1-1)
- **RELIEF** (1-866 738-4873 / www.monrelief.ca)
- **Tel-Jeunes** (1-800-263-2266 / www.teljeunes.com)
- **Ligne-Parents** (1-800-361-5085 / www.ligneparents.com)
- **Suicide Prevention Centre** (1-866-APPELLE / www.cpsquebec.ca)
- **Réseau Avant de Craquer** (www.avantdecraquer.com/)
- **Association des médecins psychiatres du Québec** (www.ampq.org)
- **Alternative mental health resources** (www.rrasmq.com)

[The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD](#)
Alexander L. Chapman (2007)

[Talking About Bpd: A Stigma-free Guide To Living A Calmer, Happier Life With Borderline Personality Disorder](#)
Rosie Cappuccino (2021)

[Mille the Cat has Borderline Personality Disorder](#)
Jessie Shepherd (2016)

[Reinventing your life](#)
Jeffrey E. Young & Janet S. Klosko
(2013)

