

BPD From Me and My Friends to You and Yours

Plain Text Resource and Image Descriptions

Each slide has a pale purple and dark purple horizontal striped background. The content on each slide is in a cream text box. The titles are in a purple font and the main body of text is in a black font. The LUNA logo is in the bottom right corner.

Page 1

A resource by The LUNA Project

BPD- Borderline Personality Disorder

baw·duh·line puh·suh·na·luh·tee duh·saw·duh

Part of the 'From Me and My Friends to You and Yours' series

Email us at thelunaprojectuk@gmail.com

Find us on Facebook "The LUNA Project"

Find us on Instagram [@thelunaprojectuk](https://www.instagram.com/thelunaprojectuk)

TW: mentions of self harm, suicide attempts

Image Description

All of the text is aligned centrally. There are 6 chunks of text going vertically down the page, all in a cream font. The second piece of text is the main title "BPD Borderline Personality Disorder" this is in a larger font than the rest of the text. The LUNA logo is at the very top of the slide in the centre.

Page 2

What is ADHD?

Borderline Personality Disorder (BPD), also known as Emotionally Unstable Personality Disorder (EUPD), is a mood disorder and a form of personality disorder. It impacts your perception of the world and relationships with both yourself and other people. It is usually diagnosed in early adulthood. A key aspect of BPD is feeling very intense emotions – which can last varying periods of time, anywhere from a few hours to a few days – and these emotions can flit between the total opposite ends of the spectrum, from extreme confidence and joy to being depressed and suicidal. Those with BPD also tend to have impulsive tendencies, meaning they act on their emotions at the given moment more, leading to issues such as self harm, suicide, substance abuse, and spending money they may not even have. These can be because these emotions are extremely overwhelming or due to the impulsivity. Those with BPD tend to have abandonment issues and the condition makes it harder to maintain healthy relationships. However, it must be noted that those with BPD are not 'abusers' inherently, as the media tends to imply. People with BPD also do not have a strong sense of self and frequently have identity crises and will impulsively change their presentation. This also increases the rates of eating disorders in those with BPD.

BPD is more frequently diagnosed in women, though men can have the condition too. It is thought that an aspect that leads to BPD in a person is having been through a traumatic event in childhood, as well as having a genetic disposition to mental illness.

BPD can be treated with medication, though there is no cure; medications used include antidepressants, mood stabilisers and antipsychotics. BPD also requires therapy, with the main ones being Dialectical Behavioural Therapy (DBT) and STEPPS

Image Description

The content of the slide is in a cream textbox. The title is centrally aligned and a body of text in black font is aligned to the left directly underneath the title. There are 3 paragraphs of text.

Page 3

How does BPD affect my body?

The main ways in which BPD impacts my body is through the means of both self-perception and self-harm.

With BPD it can be hard to see yourself as you truly are and can make you feel a hatred towards yourself and your image, which can lead to things such as restriction of food intake and other disordered eating behaviours.

BPD also impacts my body due to the harm caused by harmful behaviours, such as self-harm and the aftereffects of suicide attempts.

Though I have not experienced this personally, others with BPD can impact the health of their body through substance abuse

Image Description

The content of the slide is in a cream textbox. The title is centrally aligned. The main body of text is aligned to the left and in black font. There are 4 paragraphs of text.

Page 4

How does BPD affect me mentally?

BPD is a difficult illness to live with, making every day painful and overwhelming. The smallest things can hurt so much and all my feelings are extremely intense; this means that I can feel intense joy in which it feels nothing is wrong in the world but also means that the bad feelings feel like the end of the world. The world of someone with BPD is very black and white; I find that there is no in-between, I can't just feel 'neutral', it's all or nothing. Feelings also frequently change very quickly so not only does the plummet feel worse as you've fallen from high in the clouds but it is very overwhelming to one minute feel on top of the world and the next the complete opposite. As well as this, people with BPD also can 'split', meaning that they see one as completely bad or completely good, and this can be determined by a small and sometimes usually irrelevant act. This can lead to social isolation as well as increased frustration and loss of hope in the world.

People with BPD also frequently have a 'self destruct' button so when in the down period, are likely to engage in unhealthy behaviours, particularly self harm and as well as having suicidal thoughts, will frequently act impulsively on these thoughts (though it must be said engaging in suicide behaviour is not always impulsive and due to the impacts of the condition can be planned)

Image Description

The content of the slide is in a cream textbox. The title is centrally aligned. The main body of text is aligned to the left and in black font. There are 2 paragraphs of text.

Page 5

How does BPD impact my life?

BPD makes life very isolating. It's very easy to see that nobody cares about you when the evidence stacks up against that – but the evidence doesn't matter, it's only your brain's warped reality that makes a difference to your thoughts. I've lost friends to the stigma. I've lost friends to the reality of splitting on them and thinking they are completely evil over a tiny little thing. I feel love and passion so deeply that in (any kind of) relationships I've lost them for being 'too much'. I've spent years in and out of hospital for both planned and spontaneous suicide attempts and the impacts of self harm – and I've even been refused care in A&E by a nurse who saw nothing but the stigma without even knowing me as a person. My impulsivity has landed me in money troubles. BPD can cause a lot of damage to a person, and my experience over the past few years has been a rollercoaster.

Image Description

The content of the slide is in a cream textbox. The title is centrally aligned. The main body of text is aligned to the left and in black font. There is 1 paragraph of text.

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What can friends do to support you?

- Even when things are irrational, remember that our feelings are valid and this needs to be respected
- Learn the signs of dysregulation (which can start as symptoms presenting as anxiety such as fidgeting etc) and what can be done to help regulate our mood. This is very different for every person and can be anything from a hug to a fidget toy
- Keep contact regular – a lot of people with BPD have abandonment issues so leaving us in the dark can cause us to spiral very easily
- Learn our triggers if you can. And avoid them. And if you can, protect us from them in the outer world
- Know that if we 'split' on you, it's not always going to be your fault. Please just comfort us and ride it out
- Research the condition more!

Image Description

The content of the slide is in 7 cream textboxes. The title is centrally aligned at the top of the slide. Underneath this there are 6 cream text boxes each containing one of the tips. In the textbox the text is centrally aligned.

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Resources to find out more

Mind BPD resource -

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/about-bpd/>

Mind support resource <https://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/for-friends-and-family/>

Tilly (Activist)

[Instagram.com/tillys.brain](https://www.instagram.com/tillys.brain)

DBT Workbook (skills to help someone with BPD)

https://www.amazon.co.uk/Dialectical-Behavior-Therapy-Skills-Workbook/dp/1684034582/ref=sr_1_3?adgrpid=153352082&dchild=1&hvadid=79989502770797&hvbm=be&hvdev=c&hvlocphy=41234&hvnetw=o&hvqmt=e&hvtargid=kwd-3406919014%3Aloc-188&keywords=dbt+workbook&qid=1630102319&sr=8-3

Image Description

The content of the slide is in a cream textbox. The title is centrally aligned. The main body of text is aligned to the left. There are 4 paragraphs of text, each with a purple subheading and main body in black font.

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About the author

Hello, I'm Lauren (@holaurgraphic), I'm 22 years old and my pronouns are they/them. I'm a chronically ill and disabled university student studying English Literature and Philosophy at Royal Holloway. I am a queer writer and engage in social activism as that is a huge passion of mine, but I also write poetry and prose. I'm not ashamed to have BPD, no matter the stigma.

Image Description

The content of the slide is in a cream textbox. The title is centrally aligned. The main body of text is aligned to the left and in black font. There is 1 paragraph of text. Underneath the paragraph of text is a photograph of Lauren. They have ginger hair and are smiling at the camera sitting in their powerchair. They are wearing a black t-shirt, black and grey trousers and burgundy Doc Marten boots.

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Get Involved!

We would love to get as many people involved in creating these resources as possible! If you are a young person living with chronic illness, mental health condition, disability, or long term health condition, and would be interested in making a similar resource based on your experiences, we would love to hear from you!

You can email us at thelunaprojectuk@gmail.com or find us on social media [@thelunaprojectuk](https://www.instagram.com/thelunaprojectuk).

Find out more

You can find more information about the work we do, our resources and opportunities to get involved on our website: <https://www.thelunaproject.org.uk/>

Image Description

The content of the slide is in a cream textbox. At the top of the page the title “Get Involved!” is centrally aligned and is written in dark purple font. Under this are 2 paragraphs of text that is centrally aligned and in black font. Underneath these paragraphs is a centrally aligned subtitle that says “Find out more”. Underneath this is a paragraph of black text. Underneath this are the Instagram, Facebook and Twitter logos with The LUNA Project profile names underneath each one. Underneath this is a link to the website: <https://www.thelunaproject.org.uk/> and our email address: thelunaprojectuk@gmail.com