

AI ACKNOWLEDGEMENT

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

BORDELINE PERSONALITY DISORDER - SYMPTOMS

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THE MAIN AREAS



- BPD is classified into 4 main areas :-
- Emotional Dysregulation
- Cognitive and Perceptual distortions
- Instability in interpersonal relationships
- Impulsivity

1. Emotional Instability

- Borderline Personality Disorder can cause an individual to experience intense negative emotions such as
- Irritability
- Intense bursts of rage
- Shame
- Profound states of unease
- Panic or terror



2. Cognitive or perceptual distortions

- Borderline personality Disorder may cause a person to experience upsetting thoughts and perceptions which distort their reality such as
- Hallucinations – voices outside of your head or distressing beliefs
- Disturbed beliefs or ways of thinking



3. Instability in interpersonal relationships

- People with BPD tend to have a strong fear of abandonment
- Often times this can lead to the person to form unhealthy attachment issues with a person
- They may cross boundaries by invading your need for a sense of privacy and personal space. This may look like ringing you frequently or showing up to your place when unwelcomed
- This can be taken to an extreme level if the person with Borderline Personality Disorder threaten to hurt themselves if you leave



4.Impulsivity



- As a consequence of the extreme emotional and cognitive distortions people with BPD may act in an impulsive and reckless manner in attempt to cope with what they are going through
- This can present in many ways but there are typically two main forms seen in this personality disorder
- Forms of self harm is very common in this condition, such as cutting into skin and lead to suicidal ideation and attempts if there are no preventative measures made
- The impulse may also be to act in a reckless and irresponsible manner. Dangerous driving, drug or alcohol misuse, sexual promiscuity



DSM-5 for Borderline Personality Behaviour

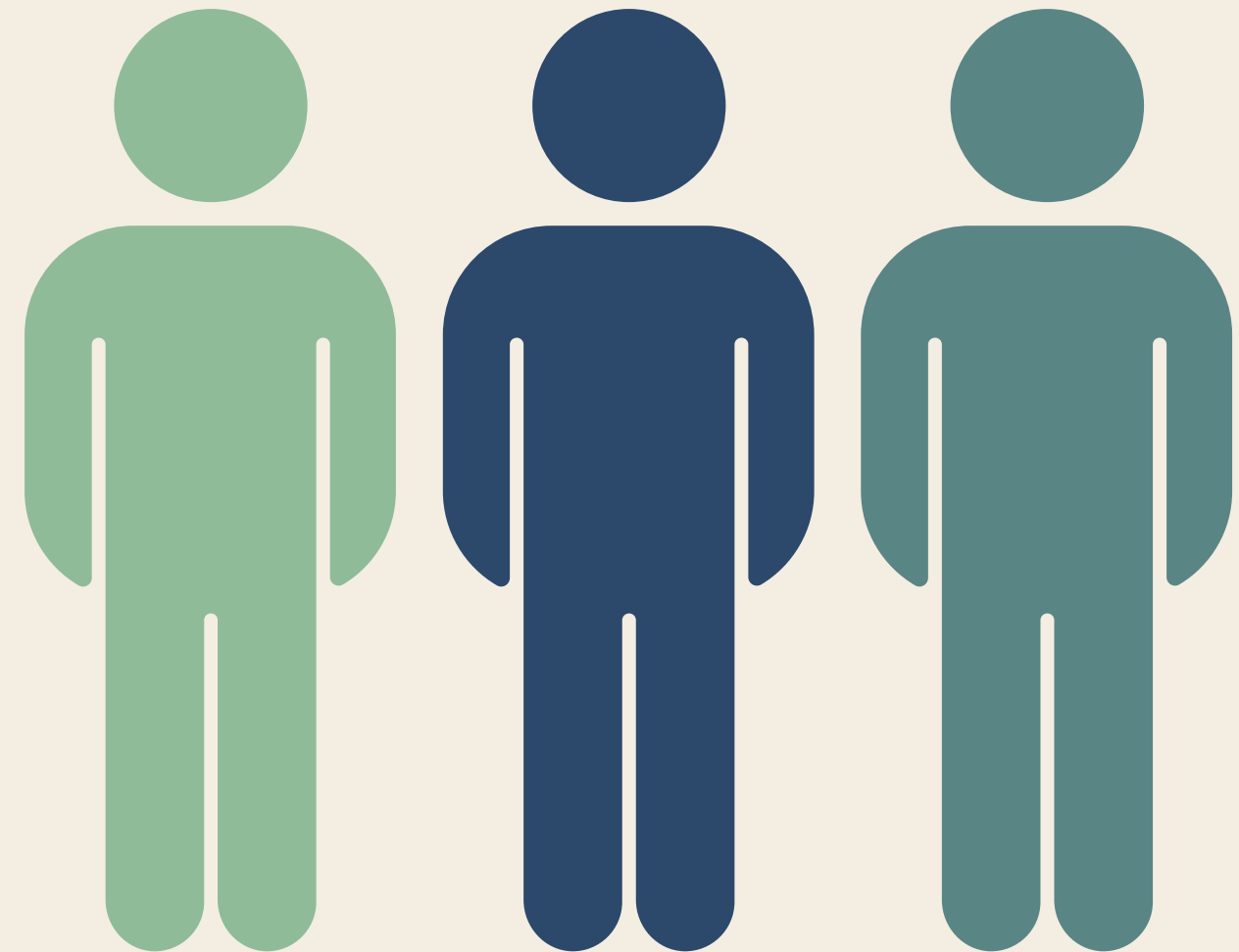
1. Extreme attempts to avoid abandonment
2. Impulsivity in at least 1 of the 2 areas
3. Persistent experience of emptiness
4. Intense feelings of anger, inappropriate for situations and difficulty to control the feeling
5. Suicidal behaviour or threats
6. Consistency in unstable interpersonal relationships
7. Severe disconnect to reality, dissociative symptoms
8. Disturbance in sense of self and self- identity
9. Unstable patterns of behaviour brought on by extremities in mood swings
10. Impulsivity in at least 1 of the 2 areas
11. Persistent experience of emptiness
12. Intense feelings of anger, inappropriate for situations and difficulty to control the feeling
13. Suicidal behaviour or threats
14. Consistency in unstable interpersonal relationships
15. Severe disconnect to reality, dissociative symptoms
16. Disturbance in sense of self and self- identity
17. Unstable patterns of behaviour brought on by extremities in mood swings

CONCLUSION

Each person is affected differently and will have their own individual stories. A person with BPD will always experience difficulties

in their relationships, their emotional, cognitive and behavioural state. Individuals will differ in the intensity of the different symptoms they experience

To have a diagnosis you must have at least 5 of the 9 symptoms laid out in the DSM-5.



References

1. National Health Service. (n.d.). Borderline personality disorder – Symptoms. <https://www.nhs.uk/mental-health/conditions/borderline-personality-disorder/symptoms/>
2. National Health Service. (n.d.). Borderline personality disorder – Overview. <https://www.nhs.uk/mental-health/conditions/borderline-personality-disorder/overview/>
3. BPD Foundation. (n.d.). Diagnostic criteria for borderline personality disorder. <https://www.bpdfoundation.org.au/diagnostic-criteria.php>