

# Borderline Personality Disorder

## Personality Disorders

DSM - Diagnostic and Statistical manual of Mental disorders. Current version: DSM IV, American Psychiatric Association, 1994.

'Personality Disorder is an enduring pattern of inner experience and behaviour that deviates markedly from the expectations of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early childhood, is stable over time, and leads to distress or impairment.' DSM IV, p 629.

Estimated one in 10 adults suffer from Personality Disorder.

They are:

### **DSN Cluster A: the odd, eccentric group.**

PAR - Paranoid Personality Disorder.

SOI - Schizoid Personality Disorder

SZT - Schizotypal Personality Disorder

### **DSN Cluster B: the dramatic, erratic group.**

BPD - Borderline Personality Disorder.

NPD - Narcissistic Personality Disorder

HPD - Histrionic Personality Disorder

ASP - Antisocial Personality Disorder

### **DSM cluster C. the anxious, people group.**

DPD - Dependent Personality Disorder

OCD - Obsessive Compulsive Personality Disorder.

PAG - Passive Aggressive Personality Disorder

AVD - Avoidant Personality Disorder

## Borderline Personality Disorder

Nine DSM – IV criteria. Five are needed for a positive diagnosis...

1. Frantic efforts to avoid real or imagined abandonment. Note: do not include suicidal, will self mutilating behaviour, covered in 5.
2. A pattern of unstable and intense, interpersonal relationships characterised by alternating between the extremes of idealisation and devaluation.
3. Identity disturbance: markedly and persistently unstable self-image or sense of self.
4. Impulsivity in at least two areas that are potentially self-damaging, (e.g. spending, sex, substance abuse, shoplifting, reckless driving, a binge eating). Note: do not include suicidal or self mutilating behaviour covered in 5.
5. Recurrent suicidal behaviour, gestures, or threats, or self-mutilating behaviour.
6. Affective instability due to market reactivity of mood, (e.g. intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days. (Dysphoria is the opposite of euphoria. It is a mixture depression and anxiety rage and despair).
7. Chronic feelings of emptiness.
8. Inappropriate intense anger or difficulty controlling anger, (e.g., frequent displays of temper, constant anger, recurrent physical fights).
9. Transient, stress-related paranoid ideation, shame or severe dissociative symptoms.

### **Additional traits common to be BPDs...**

1. Pervasive shame
2. Undefined boundaries.
3. Control issues.
4. Lack of object constancy.
5. Interpersonal sensitivity.
6. Situational competence.
7. Narcissistic demands.
8. Manipulation / desperation.
9. High functioning / low functioning.
10. Acting in / Acting out

### **Triggers of BPD behaviour...**

1. Feeling that others are unpredictable.
2. Experiencing the inconsistency of others.
3. Perceiving abandonment.
4. Feeling invalidated.
5. Receiving (perceived) criticism.
6. Been in situations where others have the spotlight.
7. Having every reaction attributed to BPD.
8. Being labelled and stigmatised.
9. Being told to snap out of it.

### **Towards partners (children, parents) BPDs...**

1. Experience reality differently.
2. Make untrue accusations.
3. Blame them for things that aren't their fault.
4. Criticise them all the time.
5. Change their own wants and opinions at lightning speed.
6. Put them in no-win situations.
7. Push them away, just when they are feeling close.
8. Act in ways that feel manipulative.
9. Deny the effects of their behaviour on others.
10. Deny that their behaviour is problematic.

### **Partner's (or children or parents) of a BPD person...**

1. Feel like they are walking on eggshells.
2. Feel they have to conceal what they think or feel, because they are afraid of the other person's reaction.
3. Feel anything they say, will be twisted and used against them.
4. Become the focus of intense and irrational rage from the BPD partner, alternating with periods where the partner acts perfectly normally and lovingly. No one believes them when they express what is going on.
5. Feel manipulated, controlled, and even lied to.
6. Feel of the victim of emotional blackmail.
7. Feel the other person sees them as either all good or all bad. There is no rationale in the switch.
8. Become afraid to ask the things in the relationship because they are told they are too demanding, or there is something wrong with them; that what they need is not important.
9. The BPD person is always denigrating or denying their point of view.
10. They feel the BPD person's expectations of them are constantly changing. They can never do anything right

11. Feel accused of doing things they never did, and saying things they never said. They feel misunderstood by the BPD person when they try to explain.
12. Feel constantly put down.
13. Have a hard time planning social engagements because of the BPD person's unpredictability

**They end up feeling...**

1. Bewilderment
2. Loss of self-esteem.
3. Depression.
4. Trapped and helpless.
5. Grief.
6. Denial.
7. Withdrawn.
8. Loneliness.
9. Anxiety.
10. Guilt and shame
11. Themselves adopting unhealthy habits.
12. Social isolation.
13. Constant vigilance.
14. Physically ill.
15. Adoption of BPD-ike thoughts and feelings.
16. Codependent.
17. Obligation and duty.

## **Books**

### **General – Personality disorders**

Benjamin, L. S. (2003) *Interpersonal Diagnosis and Treatment of Personality Disorders*.

### **General - BPD**

Kreisman, J. and Straus, H. *I Hate You - Don't Leave Me: Understanding the Borderline Personality*.

Moskovitz, R. A. *Lost in the Mirror: An inside look at Borderline Personality Disorder*.

### **For people with BPD...**

Santoro, J. and Cohen, R. *The Angry Heart: A self-help guide to Borderline Addictive Personality Disorder*.

Bockain, N. R. *New Hope for People with Borderline Personality Disorder*.

### **For people with a BPD loved one...**

Mason, P. T. and Kreger, R. *Stop Walking on Eggshells: Taking your life back when someone you care about has borderline personality disorder*.

### **The parents whose child has BPD....**

Winkler, K. and Kreger R. *Hopeful Parents: Helping your Borderline son or daughter without sacrificing your family or yourself*.

### **People with Borderline parent...**

Lawson C. *Understanding the Borderline mother: Helping her children transcend the intense, unpredictable, and volatile relationship*.

Forward, S. *Toxic Parents: Overcoming their hurtful legacy reclaiming your life*.

## Remedies...

### **For BPD clients...**

Traditional: Lyc, China, Lith (various), Lac (various), Staph, Nat (various), Beryllium (various) , Boron

Guild: Conium, Thymus, Rose Quartz, Blue, Moonstone, Mimosa, Moldavite

Alaskan: Lace Flower, Self Heal, Stinging Nettle, Twinflower

Bach: Beech, Cherry Plum, Chickory, Heather, Holly

Bailey: Childhood, Self-Esteem, Sadness and Loneliness, Round-Headed Leek

Bush: Dagger Hakea, Illawarra Flame Tree, Mountain Devil, Southern Cross

Californian: Black-Eyed Susan, Echinacea, Evening Primrose, Golden Ear Drops, Mallow, Oregon Grape, Pink Monkeyflower

IR: Pied Wagtail, Danburite, Hematite, Smithsonite, Snowflake Obsidian

Living: Black Kangaroo Paw, Brachycome, Mauve Melaleuca, Donkey Orchid, Orange Spiked Pea, Purple Eremophila, Purple and Red Kangaroo PawSnakebush, Veronica, Yellow Cone Flower

Animal: Robin, Wolf

### **For partners/parents...**

Traditional: Lith (various), Staph, Carc, Mag Sulph

Guild: Moldavite

Alaskan: Guardian, Mangano Calcite

Bailey: Confusion, Liberation, Self-Esteem, Sadness and Loneliness

Bush: Red Grevillea

Californian: Black Cohosh

IR: Hematite

Living: Antiseptic Bush, Black Kangaroo Paw, Geraldton Wax, Orange Spiked Pea, Snakebush, Snakevine, Start's Spider Orchid, Veronica

Animal: Turtle, Wolf