



BORDERLINE PERSONALITY DISORDER

1. ***black and white thinking***
 - adores you or hates you
 - idealizes and devalues, difficulty with ‘gray’ areas
 - often splits staff or church members
2. ***paradoxically strong but needy, clingy***
 - internal and private life chaotic
 - competence depends on emotional state
 - concerns, sometimes subtle but often blatant, about real or imagined *abandonment*
3. ***emotionally volatile***
 - an almost constant state of *emotion* perceived by others as quantitatively (range and intensity) or qualitatively inappropriate (e.g., appearing fearful, jealous, angry, suicidal)
 - reactive, marked *unpredictable and exaggerated mood swings*, often depressed, irritable, anxious, hostile, and frustrated
 - easily threatened
 - inability to integrate behavior in an emotionally meaningful way
4. ***unstable personal relationships***
 - intense interpersonal relationships (not many general friends), pseudo-intimate
 - moves in quickly, intimately, seductively
 - desires "special relationship"
 - disrespectful of other's limitations, boundaries (such as extended phone calls)
 - enmeshed and then pushes away
 - easily mistakes social support for romantic involvement
 - *lacks empathy*, concern, tactfulness, understanding, dedication
 - expects abuse while wishing for benevolent protector
 - expectation of harm from others
 - may appear omnipotent like narcissist
 - no concept of interpersonal cooperation
 - *little basic trust*, idealizes another while simultaneously expecting betrayal
5. ***poor impulse control***
 - recklessness, poor self-control (addictions, spending, etc.)
 - low tolerance for anxiety
 - inability to learn from experience
 - “misses the links”
 - invasive, relentless
6. ***poor reality orientation***
 - construes as malevolent or injurious interactions that are not
 - distorted cognition and perception/interpretation of self, other people, and events; the person’s “truth” is inaccurate but expressed so believably that the listener may begin to feel crazy
 - difficult to pin down on details or accuracy, diffuse
7. ***unstable self-image***
 - uncertainty in major life issues, goals, values, career choices, types of friends, etc.
 - chronic feelings of emptiness and loneliness
 - often over volunteers or becomes indispensable at church
 - intolerant of being alone
 - poorly integrated concept of the self in relation to others
 - often undermining of one’s own success
 - shallow, flat, impoverished, contradictory perceptions of others and self
 - difficult to see as whole human being, hard to "put together," more like a caricature
 - cannot invest herself in values beyond immediate self-interest or beyond self-preservation
 - appearance of a chameleon (change colors to match environment)
 - void of insight into the essentially maladaptive nature and effects of her symptomatic behavior