

Borderline Personality Disorder

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Borderline Personality Disorder was once called Pseudo-neurotic Schizophrenia, and 5-10 million people suffer from this disorder. Women are 2-4 times more likely to be diagnosed with Borderline Personality Disorder than men, and the highest risks of BPD are found between the ages of 19 and 34. Some of the warning signs to look for to see if your child/children fit the pattern of BPD are complaining of poor sleeping, difficulty concentrating, suicidal tendencies, difficulty with interpersonal relationships, and low self-concept.

BPD is indicated by at least 5 of the following criteria:

1. Frantic efforts to avoid real or imagined abandonment.
2. A pattern of unstable interpersonal relationships.
3. Marked identity disturbance and persistently unstable self-image or sense of self.
4. Impulsivity in at least 2 areas that are self-damaging, such as over-spending, binge eating, reckless driving, and substance abuse.
5. Recurrent suicidal behavior, gestures, or threats of self-manipulative behavior.
6. Chronic feelings of emptiness.
7. Affective inability due to marked relativity of mood; for example, intense episodic dysphasia, irritability, or anxiety usually lasting a few hours and only rarely more than a few days.
8. Stress related paranoid ideation or severe dissociation.
9. Inappropriate and intense anger or difficulty controlling anger, e.g. temper tantrums, consistent anger, and recurrent physical fights.



Typical characteristics of Borderline Personality Disorder described in depth:

1. **Disturbance in self-concept.** People with BPD base their self-image on what others say or how others react to them. Self-concept fluctuates due to mood swings and contradictory inconsistent thoughts about oneself.
2. **Unstable interpersonal relations.** Those with BPD fear separation from others. It may appear as abandonment issues, fear of being alone, and extreme dependence on others. Most tend to be socially overactive and compulsively avoid being alone. Behaviors of BPD could be mistaken for manipulation.



3. **Impulsive behaviors** such as over-spending and over-eating are the most common symptoms we might see in our children. These impulsive behaviors lead to more severe behaviors in adulthood, such as gambling and drinking, which include activities without thinking of consequences.
4. **Labile Effect** is defined as rapid mood shifts with sudden, frequent, and intense changes in mood, such as loneliness, rage, bitterness, despondence, and abandonment, which lead to high demands in attention from others.



5. **Functional Failures** occur because most people with BPD statistically show high potential for high achievement, but are prevented from reaching full potential, due to lack of emotional stability.
6. **Self Destructive Activity** - the most extreme self-destructive activity is suicide and 3-9 % of diagnosed BPD sufferers commit suicide. Other signs I have seen, especially in teen-age girls, include cutting on the body. Most teens feel happier and less stressed during and after the act of self-mutilation. Fifty percent of girls that cut themselves have been sexually molested or abused.

Most common maladaptive characteristics and schemes of people with Borderline Personality Disorder:

1. **Emotional Deprivation** - “no one cares for me, so life doesn’t matter.”
2. **Outlet/Punishment** - “I am a bad person and deserve to be punished.”
3. **Fear of losing emotional control** - “I must control my emotions or something bad will happen.”
4. **Inadequate Self Discipline** - “I can’t control myself in this situation.”
5. **Mistrust** - “I must protect myself, because people are going to take advantage of me and hurt me.”
6. **Lack of Individuation** - “I must do what others want or they won’t like me and leave me.”
7. **Dependence** - “I need someone to rely on to make the right decisions.”
8. **Unlovability** - “No one will love me if they really know me.”
9. **Abandonment/loss** - “I don’t want to be alone and have no one there for me.”



Borderline Personality Disorder begins early in life, so watch for the signs and comments of your children who suffer from emotional and behavioral instability, or erratic and often dangerous behavior. Be a support system for your children and don't second-guess yourself if you have suspicions that your child is BPD. This doesn't mean you are a horrible parent and have done anything wrong; just make it right and make right decisions with the right guidance, support and unconditional love. It will make a huge difference in the life of someone with Borderline Personality Disorder.



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