CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Borderline personality disorder (BPD)

Instability in emotions, relationships and self-image, with fear of abandonment, impulsivity and a sense of emptiness. Effective treatments exist.

COMMON SIGNS

- Very intense, changeable emotions
- Intense fear of abandonment
- Impulsivity and a sense of emptiness

TIPS FOR YOU

1. Dialectical behaviour therapy and other specialist therapies are effective
2. Practise distress tolerance skills
3. If at any point you think about harming yourself, call 024 or 112. You don't have to go through this alone.

FOR FAMILY AND FRIENDS

1. Validate the emotion even if you don't agree with the behaviour
2. Keep limits stable and predictable

WHEN TO ASK FOR HELP

1. If there is self-harm or thoughts of death: 024 or 112
2. If the seizures are frequent

TO OBSERVE AND NOTE DOWN

☐ My emotions change very quickly and very intensely
☐ I'm terrified of being abandoned
☐ My relationships are intense and unstable
☐ My self-image changes a lot
☐ I do impulsive things that harm me
☐ I feel empty
☐ I have intense anger that I find hard to control
☐ Under stress I feel disconnected or suspicious

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-limite-de-la-personalidad-tlp
- Full article: Borderline personality disorder: clinicavivaldi.com/en/trastorno-trastorno-limite-personalidad
- 024 suicide crisis line (Spain, free, 24 h): https://www.sanidad.gob.es/linea024/home.htm
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112