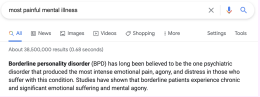


SO I TOLD YOU I HAVE BORDERLINE PERSONALITY DISORDER

What is it?



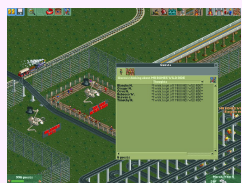
Borderline Personality Disorder (BPD) is a mental health disorder that means my brain is wired to take emotions very intensely

Why do I have it?

BPD is caused by both genetic and environmental influences! My mom's side is pretty messed up and my childhood wasn't all roses, making me the perfect candidate.

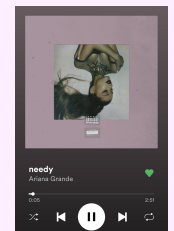
What does it feel like?

Everything feels like a roller-coaster. I can go from feeling empty inside to intensely sad very quickly.



How does it show?

BPD is different for everyone, but there are 9 defining characteristics. To have BPD, you have to have 5/9. These show differently for everyone. I pretty much have them all, and here's what they are to me:



Really Strong Emotions

My emotions feel like my nerves are exposed. I feel everything intensely. So when something is good, it's amazing. But when something is bad, I get really upset.

What it's not
I'm not screaming and crying 24/7

What it means for you
You have to be there for me when it gets bad :(

Fear of Abandonment

I genuinely feel like everyone hate me. If someone acts a little distant, it makes me feel like they're gonna leave me.

What it's not
I am not going to Misery you

What it means for you
Text me back and tell me you like me, before I have to ask, or else I'll feel like you don't want me anymore

Relationships

Because I always feel like people don't want me, I tend to push people away to avoid getting hurt myself. I am aware of this and am working on it!

What it's not
I am not going to constantly be fighting with you. I'm not that "on and off again" girl. I promise there won't be screaming and slamming doors.

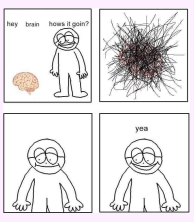
What it means for you
Please be patient with me if I pull away. If I have doubts, it's because of me!

Sense of Self

My personal identity is pretty rocky. I never know who I am or who I want to be. For example, I change my hair a lot, or base my self worth on all kinds of stuff

What it's not
I don't think I have a little kid or a 90 year old Japanese woman inside my brain

What it means for you
Do not judge me if I'm all about something new every month, go with it



Self-Harm

Okay, I have a lot of spicy thoughts. But don't worry, I'm too scared of being a vegetable with regrets to ever do it.

What it's not
I swear I don't cut myself and I'm not a regular in the psych ward. I never have and I never will. I promise I'm totally cool!

What it means for you
This is just how I am so you need to have the same sense of humor to take it in stride

Impulsivity

My first reaction is to do the first thing I thought of. But, that's not always the best decision. So I tend to either go with my first thought, or overthink way too much to overcompensate for this.

What it's not
I would never ever cheat on you! And I won't do anything crazy.

What it means for you
You have to trust me! And, be patient if I'm indecisive a lot

Dissociation

This sounds way worse than it is, basically sometimes I start feeling like I'm in a movie or something. Have you ever taken too much of an edible?

What it's not
I don't hallucinate or go crazy. It's just a weird feeling that comes and goes, I won't freak out.

What it means for you
Ask me what I need in that moment, but it's usually nothing. I've never had an issue. But, try to be understanding.



Important Terms

Mania: My brain is wired weird, so sometimes I get a sense of mania where I'm amped up for no reason. This basically means I might stay up all night cleaning or try to build a lamp at 1 am

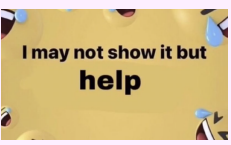
Emotional Permanence: My emotions are black and white, so it can feel like what I'm feeling is permanent. Have you ever done molly?

Quiet BPD: So this is what I'm close to, where you have all of this fun stuff without showing it on the outside. Basically, it's the disorder but behind the scenes.

The Good Parts

It's not all bad! BPD makes me:

- Super empathetic!**
- Great at reading emotions**
- A true ride or die**
- High pain tolerance**
- Very funny**
- Open book**
- Always down for anything**



FAQs

Do you take meds?
No, I am rawdogging reality

Is there a cure?
No. I'm too powerful for even God to stop me

Are you in therapy?
No, I am poor. Thanks, America!

Is it the same as Bipolar Disorder?
Kind of similar maybe, but not the same. Maybe distant cousins.

How do you cope?
Weed and naps



Famous Borderlines

Pete Davidson (hilarious)
Megan Fox (hot)
Brandon Marshall (Chicago)
Vincent Van Gogh (cool)



So if you have any questions, PLEASE ask me before you Google it and assume the worst!