

supporting someone with bpd can be very hard. bpd is a psychiatric disorder characterized by intense emotions and chronic feelings of emptiness. which often leads to anxiety, depression and repetitive self-harming behaviors. people with bpd often have dramatic, impulsive, emotional, erratic, and attention-seeking moods. these behaviors are severe enough to cause problems with their relationships. they have a distorted sense of self. they do not have a clear view of who they are or what they want in life. most of the time people with bpd think other people mean them harm. they see things as either perfect or horrible. nothing in between. another thing with bpd is that they feel "unreal", numb, and disconnected from reality. they're scared the people who they have relationships with are going to leave them. they are normally super sensitive, small things can trigger a very intense reaction which can lead to impulsive and reckless behavior. they often say hurtful things or act out in dangerous / inappropriate ways that make them feel VERY guilty & ashamed afterwards. its a painful cycle that can feel impossible to escape. if you have bpd, your brain is always on high alert. things feel more scary and stressful to you than they do to other people. your fight or flight switch is easily triggered. we often have periods of intense, uncontrollable, and most of the time unreasonable anger. people with bpd have trouble reading others body language. their fear of abandonment can cause them to overreact to anything no matter how small if they think you are upset at them. their aggression can result in impulsive fits of rage, verbal abuse, or even violence. the problem for people with bpd is that the disorder distorts the messages they hear and the ones they try to express. most people with bpd are often told they are overreacting or dramatic, so having someone actually caring how they feel can be very good for them. it's important to do your own research about bpd, you need to understand that your friend's behaviors are not ever intended to harm you. friendships with people with bpd can be hard, so you need to know what to expect and how to handle it. never ignore a suicide threat / any other kind of threat, even if you're sure your friend doesn't mean it. people with bpd very often tend to be super impulsive and unpredictable so you never know. it's always important to take your friend seriously. it also is very important to give them reassurance, just reminding them often how much you love them and care for them. remind them that you do not hate them, find them annoying, you're not going to leave them, and that you aren't mad at them. with the intense fears of abandonment it is helpful to be as consistent as possible with what you say and do. if you make plans, try to keep them, or offer a clear reason why you can't. encourage them to take care of themselves, people with bpd tend to think they don't deserve to be loved and cared for. they engage in self destructive behaviours. I often feel disconnected from the world and detached from my body, I feel mis understood and bpd is one of the most mis understood disorders of the world. Even with explication it feels like nobody genuinely understands how on top of the world I can feel one minute and how ignored and down I can feel the next. listening to people with bpd is a huge thing and it gives all of us a place and opportunity to explain how it works and how it makes us feel. People with bpd have hard time showing their emotions but I promise u we have them, I love my friends and family so much and feel for them as much as anyone else. I have so much love for everyone whose been there for me and the smallest things with my friends or family make me so genuinely happy. So to anyone who actually reads this I love you and thank you for being there

If anyone is interested in learning deeper about how it may affect others here are some links for different perspectives.

<https://www.mayoclinic.org/diseases-conditions/borderline-personality-disorder/symptoms-causes/syc-20370237>

<https://www.nami.org/Blogs/NAMI-Blog/June-2017/Understanding-Borderline-Personality-Disorder>

Also my Instagram @rulger1 for anyone who wants to hear more. 😊