



Living with Borderline Personality Disorder (BPD) can mean going through intense, fast-paced emotional crises. Strong feelings such as anxiety, anger, sadness, or fear can feel overwhelming and may lead to impulsive behaviors that can be harmful to ourselves or others.

For some of us, having a clear plan can help us feel safer during those moments. This checklist was created based on the lived experiences of navigating crises with BPD. **We are not mental health professionals**, but we hope these tools can be supportive and relatable.

Your well-being always comes first. **If you feel at risk or unsafe, please reach out to a mental health professional or emergency service.**

This document is editable—adapt it to your needs, print it, or share it.

And remember: even during days when it's hard to believe, you are capable, you are important, you are loved, you are not flawed, and you are not alone.

We are cheering for you!

Much love,

The Borderline Project

Crisis Support Checklist

- ☐ I notice that something feels different (emotionally or physically).
- ☐ The intensity feels stronger than usual — I pause and pay attention.
- ☐ I name the emotions I'm feeling (anger, sadness, anxiety, or several at once).
- ☐ I check what I'm feeling in my body (tension, pain, restlessness, heaviness).
- ☐ I reflect gently: Could this be related to stress, lack of sleep, medication, or hormonal changes?
- ☐ I remind myself that all feelings are valid, even if they feel overwhelming.
- ☐ I cross-check my thoughts: Do I have enough evidence for my conclusions?
- ☐ I reach out to someone I trust to help me gain perspective.
- ☐ I allow myself to have a bad day without judging myself for it.
- ☐ I cover the basics: eat something, hydrate, shower, rest.
- ☐ I avoid substances or activities that might intensify my emotions today.
- ☐ I cancel or pause social plans if they feel too much right now.
- ☐ I delay big decisions — today is about getting through, not fixing everything.
- ☐ I express my feelings safely (talking, writing, voice notes, or just letting it out).
- ☐ I practice letting feelings exist without acting on them.
- ☐ I remind myself these reactions are learned coping mechanisms, not personal failures.
- ☐ I check whether prescribed medication or safe pain relief could help.
- ☐ I assess how intense the feelings are and notice if they begin to ease.
- ☐ If things feel unmanageable or unsafe, I contact professional support.
- ☐ I prepare for rest: comfortable clothes, calming sounds, a gentle environment.
- ☐ I acknowledge my effort — surviving today is an achievement.
- ☐ The next day, if calmer, I reflect on triggers and possible supports.
- ☐ I note what helped and update this plan for the future.