

Resources that might help. Note that you don't need to use all of these resources to heal. I typically copy/paste this list to people newly diagnosed with BPD, but it also has useful resources for other people too:

Pastebin link of this list: <https://pastebin.com/raw/3X9t9TEx>

If you're questioning whether you have BPD:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/borderline-personality-disorder-bpd/experiences-of-bpd/>

If you are a parent, a counselor, a BPD patient, this is the transcript of a conference on learning/explaining about a BPD diagnosis for the first time

https://docs.google.com/document/d/1e-2TONHJZM4xA5lArHUyIxVSEvysW_oSEcoaYYzcINy/edit?tab=t.0

Communication Plan for caregivers wanting to use the affect approach to explain a BPD diagnosis

https://docs.google.com/document/d/10r528rShlspOnVUNFA7o_pUBtZbjLZdyLDUnzS4d2v0/edit?tab=t.0

DBT self-help and cheap classes:

<https://www.reddit.com/r/dbtselfhelp/s/4khFbOR1jg> massive list of dbt self help resources.

<https://dialecticalbehaviortherapy.com/> - free

<https://dbtselfhelp.com/> - free

<https://dbt.tools/index.php> - free

<https://positivelybpd.wordpress.com/> - free for self-work and very small fee for live classes when they run

<https://video.jonesmindfulliving.com/checkout/subscribe/purchase?code=LIFE33> - Cheap DBT live classes 3x a week + resources

<https://www.ebrightcollaborative.com/> - Free 1 hour skills intro/refresher group every second Tuesday of the month

<https://5i6mncsyyl0.typeform.com/to/iVc3Tx8z> - Immediate distress tolerance help

<https://5i6mncsyyl0.typeform.com/to/wHEqJFqq> - Immediate help finding wise mind (a balance of emotion mind and logic mind)

<https://www.therahive.com/free-resources> - Free DBT resources

Support groups:

<https://emotionsmatterbpd.org/peer-support-groups-registration> - For BPD

<https://www.rethink.org/help-in-your-area/support-groups/beyond-the-borders-bpd-group/> - For BPD (limited space on zoom but unlimited on WhatsApp)

<https://www.bpdabc.ca/dbt> - Free via zoom

YouTube channels:

<https://www.youtube.com/playlist?list=PLaZELV1Tbq-Nbv3CRrX9SR-yNZNVTyqqV> - Dr Daniel Fox playlist

<https://youtube.com/@thebpdhunch> - BPD bunch (Awesome discussion playlist)
https://www.youtube.com/watch?v=zp8lJIW1MQ&list=PL_loxoCVsWqy6j40ipH2yQjK-4Uf4ri6 Kati Morton BPD playlist
https://www.youtube.com/watch?v=rfg_J3ixYPk&list=PL_loxoCVsWqzLptVD96E-D0IzWhbXT_H8 Kati Morton C-PTSD playlist
<https://www.youtube.com/@paulientimmer-healingthefe9870> Paulien Timmer (for disorganised AKA fearful avoidant attachment)
<https://www.youtube.com/@CrappyChildhoodFairy> Crappy Childhood Fairy
<https://www.youtube.com/@heidipriebe1> Heidi Priebe
<https://youtube.com/@timfletcher> - Tim fletcher (C-PTSD)
<https://youtube.com/playlist?list=PLzxUabZTQ8WoulrPpCr9BvSh1xGD5sbGV&si=24uZYkA9qvGDBtpc> - From Borderline to Beautiful podcast

Attachment Theory:

You may wish to consider your attachment style:

<https://www.attachmentproject.com/blog/four-attachment-styles/> especially anxious or disorganised in the case of a person with BPD (pwBPD).

Another attachment site: <https://www.freetoattach.com>

Compassion Focused Therapy:

I found CFT good, especially for low self-esteem:

<https://www.psychologytoday.com/intl/therapy-types/compassion-focused-therapy> and especially the Threat Soothe Drive triangle (as people with trauma often live in Threat mode a lot of the time):
<https://i0.wp.com/questpsychologyservices.co.uk/wp-content/uploads/2021/04/CFT-Drive-System.jpg>

Mentalization-Based Therapy:

MBT is helpful because it helps you to think about how you assume others are thinking and feeling in regard to you: <https://www.psychologytoday.com/gb/therapy-types/mentalization-based-therapy>

Schema Therapy:

I found schema therapy very good and understanding the various schema modes helped me see the different schema modes I'd go in to:

<https://youtube.com/playlist?list=PLdFXyIKIH7BGh5f7VKGwJH7Ythe1MhiuE&si=1C9E1hfqEpYC5Ugd> - there's also a questionnaire you can do to figure out your personal early maladaptive (currently unhelpful) schemas:

https://static1.squarespace.com/static/53f3d3e1e4b068e9905ada92/t/53f7eda2e4b09b5739f0c306/1408757154284/Workshop_606-12-Wendy+Behary-Schema+Therapy-Basics+.pdf

And the scoring sheet (look at this after doing the test obviously!)

https://docs.google.com/document/d/1_6KBs2k2o8HIO1EDUBb0AaC8b6RZvGiPAHadfoGe0a0/edit?usp=sharing Also see: <https://www.attachmentproject.com/blog/early-maladaptive-schemas/> and https://www.youtube.com/watch?v=HJB90_-6YwI

Complex-PTSD:

You may wish to look at Complex PTSD, which is often co-morbid with BPD

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/post-traumatic-stress-disorder-ptsd-and-complex-ptsd/complex-ptsd/>. This is a good place to start when considering emotional flashbacks, 4F (Fight, Flight, Freeze and Fawn (technically there's flop too)) responses to threat, the inner critic and the outer critic (causes mistrust) <https://www.pete-walker.com> . Also see <https://www.outofthestorm.website> and <https://www.youtube.com/playlist?list=PLpvbEN3KkqoJltM9a3-8kqr9zC73fwJPP> (Shame and complex trauma)

Inner child work / Self compassion:

<https://www.youtube.com/watch?v=PjDXAa4FXMM> - Patrick Teahan

<https://www.youtube.com/watch?v=JJGPpKj2pu8> - Kati Morton

<https://www.youtube.com/watch?v=GQwz8qbNrxk> - Therapy, Explained

<https://www.youtube.com/@MichelleChalfant/videos> - The Adult chair (Michelle Chalfant)

Books:

<https://www.goodreads.com/book/show/20556323-complex-ptsd> Pete Walker - Complex PTSD: From Surviving to Thriving (Simply a must read)

<https://www.goodreads.com/book/show/20775497-running-on-empty> Jonice Webb - Running on Empty (Emotional neglect)

<https://www.goodreads.com/en/book/show/18693771> Bessel van der Kolk - The Body Keeps the Score (Effects of trauma)

<https://www.goodreads.com/book/show/28023686-the- tao-of-fully-feeling> Peter Walker - The Tao of fully feeling (Helps with emotional intelligence)

<https://www.goodreads.com/book/show/40890200-the-borderline-personality-disorder-workbook> Dr Daniel Fox - BPD workbook

https://www.goodreads.com/book/show/369266.The_Dialectical_Behavior_Therapy_Skills_Workbook Various - BPD workbook (Famous)

<https://www.goodreads.com/en/book/show/21413263-dbt-skills-training> Marsha Linehan - DBT Skills Training: Manual

<https://www.goodreads.com/book/show/23129659-adult-children-of-emotionally-immature-parents> - Adult Children of Emotionally Immature Parents

<https://www.goodreads.com/book/show/61865476-codependent-no-more> - Attachment style and codependency

<https://www.goodreads.com/book/show/9547888-attached> - Attachment in adults

<https://www.goodreads.com/book/show/26026054-it-didn-t-start-with-you> - Inherited trauma

<https://www.goodreads.com/book/show/208935812-dbt-for-life> - DBT for life

<https://goodreads.com/book/show/122994932-self-directed-dbt-skills> - DBT book

A great list of things to encourage people with BPD keep working to get better

https://docs.google.com/document/d/1XtDZF8VFJAQq_90E9t0Vqk0-hODITEejMfloRwJmhgl/edit?tab=t.0

I also have some books but I can't link them here. If this helped you, please consider pasting the message on to the next person.

MEGAPOST: SELF HELP MATERIAL

Hey everyone,

The self-help megapost is back again. Originally created by the founder of this subreddit, this self help material has helped SO many people, myself included. Special shout out to [u/Plantsybud](#) for recovering the original post after it was lost.

If you have any material you would like to add or want to report links not working please do not hesitate to reach out by comment/DM/modmail

Without further ado:

SELF HELP MEGAPOST

DBT/CBT

[Distress Tolerance : Facing your Feelings Workbooks - 4 PDF workbooks + 1 information sheet //](#)
[Download all modules in this workbook at once, as a zip file.](#)

[Open Minded Thinking DBT Workbook- 90 pages \(PDF\)](#)

[Interpersonal Effectiveness - Building Better Boundaries- PDF](#)

[Self Harm - Self help Workbook from the NHS- 18 pages - PDF Leaflet from options](#)

[Finding Balance \(formerly Resilience 101\) Resilience, Understanding and Optimizing your Stress after deployment \(workbook for veterans/service members\)- 72 pages](#)

[PTSD Recovery Program Treatment Manual \(PDF\) \(slow to load\)](#)

SELF COMPASSION

[Emotion Regulation: Building Self Compassion Workbooks - 7 Modules + 1 information sheet //](#)
[Download all](#)
[modulehttps://web.archive.org/web/20200629191955/https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Compassions](https://web.archive.org/web/20200629191955/https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Compassions) in this workbook at once, as a zip file.

[Just as I am -The practice of self-care and compassion. A guided journal to free yourself from self-criticism and feelings of low self-worth - 56 pages \(PDF\)](#)

SELF ESTEEM

[Emotion Regulation: Improving Self Esteem Workbooks - 9 Modules //](#) [Download all modules in this workbook at once, as a zip file.]

(<http://www.cci.health.wa.gov.au/~media/CCI/Consumer%20Modules/Improving%20Self-Esteem/Improving%20Self-Esteem.zip>) // [Download all worksheets for this module at once, as a zip file.](#)

DEPRESSION

[Back from the Bluez - Coping with depression - 9 Modules + 15 Information Sheets //](#) [Download all modules in this workbook at once, as a zip file.](#) // [Download all worksheets for this module at once, as a zip file.](#) // [Download all 15 information sheets in a zip file](#)

[Antidepressant Skills Workbook \(PDF\) - Available in English, French, Chinese Traditional, Chinese Simplified, Punjabi, Farsi and Vietnamese. Also available in English/French Audio formats](#)

[Dealing with Depression Workbook for Teens\(PDF\) - Printable/Writable English format, and French print](#)

[Managing Depression: A Self-help Skills Resource for Women Living With Depression During Pregnancy, After Delivery and Beyond \(PDF\)](#)

[Individual Therapy Manual for Cognitive-Behavioral Treatment of Depression \(takes you to publisher site where you can download for free\)](#)

[Antidepressant Skills at Work - 68 pages about dealing with depression in the workplace -also available in French and Audio versions! \(PDF\)](#)

[Positive Coping for Health Conditions -112 pages (PDF)]
(http://www.comh.ca/publications/resources/pub_pchc/PCHC%20Workbook.pdf)

ASSERTIVENESS

[Emotion Regulation - Assert Yourself - 10 Modules //](#) [Download all modules in this workbook at once, as a zip file.](#)

[Assertiveness from Getselfhelp.co.uk- 7 pages PDF](#)

PERFECTIONISM

[Emotion Regulation: Perfectionism in Perspective Workbooks - 9 Modules + 6 information sheets //](#) [Download all modules in this workbook at once, as a zip file.](#) // [Download 6 information sheets about Perfectionism in a zip pack](#)

[I've got to be perfect! 32 pages PDF](#)

PROCRASTINATION

[Emotion Regulation: Put off Procrastination Workbooks - 7 Modules // Download all modules in this workbook at once, as a zip file.](#) // [Download Procrastination Cycle Worksheet PDF](#)

[Mind Tools Procrastination Workbook - 14 pages - PDF](#)

[Overcoming Procrastination - 45 pages - PDF](#)

EATING DISORDER

[Eating Disorders- Self Help from the NHS - 18 pages \(PDF\) - select the eating disorder leaflet and then choose the A4 PDF to download\)](#)

[Bulimia Self Help- 5 pages - from Getselfhelp.co.uk \(PDF\)](#)

[33 page booklet on Self help for Binge Eating \(PDF\)](#)

[Overcoming Disordered Eating - Part A +B - 9/9 Modules +36 information sheets, 3+ worksheets // Download all modules in workbook A at once, as a zip file. Download all modules in workbook B at once, as a zip file.](#)

[Download all Overcoming Disordered Eating Information Sheets, 36 sheets in a zip file](#)

[Body Dysmorphia - Building Body Acceptance: 7 Modules + 1 information sheet // Download all modules in this workbook at once, as a zip file.](#)

BIPOLAR

[Keeping Your Balance Workbooks - 8 Modules +21 Information sheets +21 worksheets // Download all modules in this workbook at once, as a zip file. // Download all worksheets for this module at once, as a zip file.// Download all 21 information sheets for bipolar in a zip file](#)

ANGER

[Moodjuice Workbook - Anger Problems - Online but prompts to send to printer](#)

[Emotion Regulation: Anger Management workbook - 38 pages \(PDF\)](#)

ANXIETY / PANIC / WORRY

[Social Anxiety Self Help Guide NHS- 30 pages \(PDF\)](#)

[MOODJUICE - Shyness & Social Anxiety - Download link at bottom of page-22 pages \ \(PDF\)](#)

[Shy No Longer - Coping with Social Anxiety - 12 Modules // Download all worksheets for this module at once, as a zip file.](#)

[Panic Stations - Coping with Panic Attacks - 12 Modules // Download all modules in this workbook at once, as a zip file. // Download all worksheets for this module at once, as a zip file.](#)

[What? Me Worry - Mastering your Worries - 10 Modules // Download all modules in this workbook at once, as a zip file. // Download all worksheets for this module at once, as a zip file.](#)

[Helping Health Anxiety Workbook - 9 Modules // Download all modules in this workbook at once, as a zip file.](#)

ADDITIONAL LINKS TO HELPFUL SITES

[A-Z of Resources from University of Leeds \(Extensive List of Mental Health links/pdfs/resources\)](#)

[Self Help Leaflets / PDFS from the NHS \(some are posted above and this is mirrored below for clinicians](#)

[The DBT-CBT Workbook: The Blog of Melanie Gordon Sheets, Ph.D., the author of the "Out-of-Control" DBT-CBT Recovery Workbook](#)

[The Mindful eating / Eating disorder link compilation \(Some links already posted above\)](#)

ADDITIONAL RESOURCES FOR CLINICIANS

[50 Great Websites for Counselling Therapists](#)

[Mindfulness and Acceptance-Based Group Therapy \(MAGT\) for Social Anxiety Disorder \(SAD\) -PDF](#)

[Additional Mental Health PDF's / Resources for Clinicians, Physicians, Mental Health Care Professionals](#)

[Center for Clinical Intervention Various PDF/Training Modules](#)

[Cognitive Behavioural Interpersonal Skills Manual- PDF](#)

[A Therapist's Guide to Brief Cognitive Behavioral Therapy by Jeffrey A. Cully and Andra L. Teten -PDF](#)

[Self Help Leaflets / PDFS from the NHS](#)

EDITS