

DSM-5 stands for the "Diagnostic and Statistical Manual of Mental Disorders, 5th Edition," which is the latest edition of the American Psychiatric Association's classification and diagnostic tool for mental disorders. It provides a common language and standard criteria for the diagnosis of mental disorders, including descriptions and symptoms for each disorder. The DSM-5 is widely used by mental health professionals in the United States and other countries for the assessment, diagnosis, and treatment of mental health conditions.

#### Main criterias for making a diagnosis

- Symptoms: The presence of specific symptoms that are characteristic of a particular mental disorder. These symptoms are listed in the DSM-5 and are used to determine a diagnosis.
- Duration: The length of time the symptoms have been present and their impact on the individual's daily life.
- Severity: The severity of the symptoms, such as the intensity, frequency, and level of distress they cause.
- Distress: The degree to which the symptoms cause distress or interfere with the individual's daily functioning.
- Cultural Context: An awareness of the influence of cultural, ethnic, and societal factors on the manifestation and expression of mental disorders.
- Differential Diagnosis: An evaluation of other potential causes of the symptoms, including medical and substance-related causes, to rule out alternative explanations.
- Functional Impairment: An assessment of the extent to which the symptoms interfere with the individual's ability to function in important areas of life, such as work, relationships, and self-care.

**Borderline personality disorder (BPD)** is characterized by an unstable sense of self, an extreme fear of abandonment, and difficulties with relationships. In addition, there is a pervasive sense of identity disturbance- people lack awareness of who they are, and they often feel perpetually hollow. Understanding these traits can be for the first step in healing or better supporting those living with BPD.

Typical for borderline: underlying issue is instability in emotions, instability in behavior, instability in personal relationships, instability in identity, underlying terror of abandonment and desperate attempts to prevent that from happening (could be physical aggression, threatening, harming oneself)

DSM 5 criterias: A pervasive pattern of instability of interpersonal relationships, of self-image, and affects as well as marked impulsivity beginning by early adulthood and present in a variety of contexts as **indicated by five or more of the following 9:**

The main DSM 5 criteria	Ms. Autobahn	<a href="#">Sandra - Based on Thoughts Below, Dean has four criteria (would not consider him to have BPD)</a>	Karlee
1 frantic efforts to avoid real or imagined abandonment (Note: Do	His priority is to make sure others, especially Sam are ok. Not his own fear of abandonment is the main focus. He	Soft NO	I think Dean would & does act frantically to fix a situation like this. But once he recognises he

<p>not include suicidal or self-mutilating behavior covered in Criterion 5)</p>	<p>fears abandonment because he has experienced it in an extreme way over and over again. But he does let the people go, if he thinks it is better for them instead of doing anything to keep them with him. (going to hell alone for Sam, hunting alone without Dad instead of doing anything to stay with Dad, leaving Lisa for her own good)</p>	<p>Agree with priority to ensure others' safety. I'd go further to say he devalues himself. I do believe there's that underlying fear of abandonment (things that occurred around him or changed his life trajectory - Mary's Death, Sam leaving for college, All the times Cas left/disappeared) or not being worthy of developing relationships, or being a focus in another person's life. I guess I'm hanging on the word "frantic" in the criteria which doesn't make me say definitively yes on this one. I think he's frantic and impulsive when it comes to caring for others.</p>	<p>can't, he will let the person go &amp; stay away.</p> <p>Agree with Sandra tho, it's not acceptance of the person leaving, it's just he doesn't consider himself worthy</p>
<p>2 A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation</p>	<p>When Dean forms a relationship he never just lets that person go for nothing and he does not devalue them. He loves them unconditionally with all their flaws. If he breaks the contact it's because of life threatening situations or because the person dies or because he "has a job to do" and needs to leave. He would always be there for the others when needed. Not one day hot one day cold.</p> <p>They say he idealized Dad, but it seems to me more like he idealized him also in front of Sam as a kids and later he mostly tried to keep the peace while Sam was butting heads with Dad. Which to Sam seemed like idealization and taking sides because Dean did not like to talk bad about a person he loves and did not like the fights. A bpd person would more be likely to constantly seek a fight, he</p>	<p>YES</p> <p>I believe the extreme idealization and devaluation of interpersonal relationships occurs many times throughout the series.</p> <p>It all hinges around Dean's mission to protect Sam at all costs (and, in later seasons, saving Mary). People who he may have considered a part of his found family once are easily sacrificed, forgotten, or devalued - placed at a lower tier. I think he rationalizes this in his head and finds a way to consider them a tool/necessity for the greater good.</p> <p>Kaia Jack Kevin Cas Lisa/Ben Benny</p>	<p>Dean is very much all or nothing. So he doesn't take his relationships for granted.</p> <p>That said, if you disagree or end up 'against' whatever his current mission is, he will discard you.</p> <p>He doesn't swing back &amp; forth regularly as this criteria seems to imply</p> <p>I think he tends to make his relationship endings explosive and dramatic so he can't go back to them. Lisa/Benny/Adam/Cas even.</p>

	<p>constantly tried to keep peace. He idealized the idea of hunting and that Dad is rescuing people. But he learned very early that Dad was also shitty. It's normal for kids to idealize their parents up to a certain age. At some point he knew Dad had lots of flaws and saw them. But he knew he couldn't do anything about it and did not talk bad about Dad.</p>	<p>Adam</p> <p>I would say he even does this with Sam by allowing the Angel Ezekiel/Gadreel to possess Sam. Even though he's doing it to save Sam from death, he's taking away Sam's bodily autonomy and consent.</p> <p>All that to say, Dean is living in heightened life/death scenarios all the time, so I can see other viewpoints.</p>	
<p>3 Identity disturbance: markedly and persistently unstable self-image or sense of self</p>	<p>Dean has a very stable self-image and sense of self. Unfortunately, it is not a good one. He thinks he is a loser, not smart, not worth much attention or good. But that image is very stable for a long time until later when he grows and is ok with himself and has accepted himself: 14.13 Lebanon. Dean and Sam are doing dishes and Sam is struggling with how everything came and how it used to be and Dean says: ""I was angry... Who does that make us? Would we be better of? Yeah maybe. But I got to be honest. I don't know who that Dean Winchester is. And I am good with with who I am." That is soooo not bpd</p>	<p><b>NO</b></p> <p>Agree that Dean stuck to a sense of self-image and sense of self that did not markedly change throughout the series. I think this was ingrained in him from a young age.</p> <p>In Season 3, Dean's dream subconscious and DemonDean reflection refers to him as "daddy's blunt instrument" and Cas echoes that exact phrase back to Dean in Season 15: "You see yourself the same way our enemies see you. You're destructive, and you're angry, and you're broken. You're daddy's blunt instrument..."</p> <p>That sense of self has not changed for over a decade, and I'm sure it was that way for decades prior. There's hope that he will make healthy changes to that mindset in 15x19 when Chuck says he's going to die at</p>	<p>Fully agree with both here. His self image is stable &amp; consistent. It's just negative.</p>

		<p>the hands of the “ultimate killer” Dean Winchester and Dean replies “That’s not who I am.”</p>	
<p>4 Impulsivity in at least two areas that are potentially self-damaging (e.g. spending, sex, substance abuse, reckless driving, binge eating) (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5)</p>	<p>Ok he is impulsive but you have to look at the circumstances: Spending: why should he not spend money, if he does not have a stable home or job and pension plan and expects to die young. I bet, whenever he had to keep money together (for example to feed Sam as a kid) he was perfectly able of spending extremely little. And what he is spending money on, is not that luxurious. Drinks e.g. but he does not stay in Luxus hotels, does not take top shelf whine for 600\$ a bottle... He just doesn’t have much so it is gone quickly. Sex: more in borderline it’s unsafe sex; It is ok to be impulsive in sex and to have sex, He is an attractive single young man and it is normal that he has his conquests. However, e.g. it is shown that he is pro sex and pro protection (Emma was an accident), substance abuse: he is an alcoholic but that doesn’t mean he is borderline, can also be a ptsd symptom or just a disorder on itself, reckless driving: He is a great driver. He drives fast and when need be very fast (like when chased by a monster) but that is not necessary reckless for him. Binge eating: He does enjoy food, however, he also goes stretches of time without food out</p>	<p>YES (I think the two Maybes equal a Yes, which gives Dean two areas that are potentially self-damaging)</p> <p>Spending - No (He was good with his money when he had to be. I think the times he did spend money he was treating himself and not overly excessive)</p> <p>Sex - Maybe. Oh, this is a tough one. I feel like Dean enjoys sex but that he is impulsive about it at times. I think that can be self-damaging if he doesn’t view himself as a consenting and equal partner in the actual act.</p> <p>Substance Abuse - Yes. The drinking to me was impulsive and his go to for decades</p> <p>Reckless driving - No. Damn good driver when he had to be and only took risks when it was absolutely necessary</p> <p>Binge eating - Maybe. I think we have to go back to Dean’s food insecurity issues growing up to see how this could lead to binge eating.</p>	<p>I’ve covered my thoughts on this in the other doc, so I’ll pull from there for this.</p>

	<p>of necessity, he is a very active guy and obviously burns all the calories or he would be fat. It's less binge eating (at least not too often) and more a big appetite and high metabolism. Also, more a symptom of phases of starvation as a kid.</p> <p>As a matter of fact I do not see Deans indulging behaviors as negative or disorders but I see would rate them as resilient behavior (except the drinking): He is, even though life often is difficult, able to find joy in little things, to find ways to feel good. And as long as – like he himself says – there are two consenting adults, also safe sex is an ok way to seek comfort and pleasure and feel good. And as long as he does not have health problems and is as fit as he appears, it seems ok to me to enjoy the hell out of a good burger or some pie. I would, if I had an angel by my side that takes away all the negative health side effects. Being able to value little pleasures and enjoy little things is a valuable resource.</p>		
<p>5 Recurrent suicidal behavior, gestures, threats, or self-mutilating behavior</p>	<p>For most of the time, he fights extremely hard to survive even when all odds are against him. He is NOT just doing suicidal behavior when everything is actually ok. However, he does have depressive episodes, when everything actually is too</p>	<p>YES</p> <p>I agree with Ms. Autobahn that Dean has a high threshold for dealing with life-or-death situations. However, I don't think that completely disregards the fact that he is</p>	

	<p>much to bear. And even then it is not just for attention or suicide itself but for helping others. He does not just feel like the world is out to get him, the world and heaven and hell ARE actually really out to get him. Others would long have killed themselves in such a situation. The few scenes when he did stop his heart, he knew the risks but he did count on surviving and he did put measures into place so he could be brought back and it was not because he wanted to die but it was means to help with something.</p>	<p>willing to sacrifice himself again and again for the common good, feels less than and easily expendable. In my mind, that leans towards recurrent suicidal behavior.</p> <p>Examples of recurrent behavior:</p> <p>He's been burdened with emotional pain since he was a child</p> <p>Uses alcohol more and more frequently in depressive times</p> <p>He's made plans for suicide technically to save the world or people he cares for</p> <p>Gave away important possessions (when he gave Sam the keys to Baby)</p> <p>Said goodbye to people (when he was going to trap himself in the Malak Box)</p> <p>Unfortunately, I think John was a big cause of this behavior. He was a model for suicidal behavior and substance abuse and Dean more than likely was exposed to all of that growing up.</p> <p>I really can't think of instances where he self-mutilated.</p>	
<p>6 Affective instability due to a marked reactivity of mood (e.g. intense episodic dysphoria,</p>	<p>He does show extreme moods on screen, but: There is really something going on, when he does. For example the world is out to get him or his loved ones. It is</p>	<p>YES</p>	<p>I'm with Ms. Autobahn here. I don't think you can take the context out of this. We never seen Dean in a neutral state. We</p>

<p>irritability, or anxiety usually lasting a few hours and only rarely more than a few days)</p>	<p>really appropriate to feel anxiety when almost killed or depressed when loosing close family members. Actually, Sam and Dean show both extremely little mood swings and emotions when faced with life-threatening situations like a monster of the week that would make normal people freak out.</p>	<p>I'm going to say yes when you take things out of the life and death scenario that Ms. Autobahn mentions.</p> <p>I think when you bring this down to a one-on-one situation, you can see this instability more clearly. I think his relationship/reactions to Mary is a good example:</p> <p>When Mary tells the boys she's leaving to find herself</p> <p>When Dean shares Mary's dream state and you see the struggle in his mood based on the emotional state he's in</p> <p>I just feel like Dean is a very either highest of highs or lowest of lows guys at the drop of a hat</p>	<p>have no idea what his baseline is.</p> <p>Even the year with Lisa, he was in mourning. Hardly the most stable state.</p>
<p>7 Chronic feelings of emptiness</p>	<p>He does have episodes of feeling of emptiness, especially after hell, when he is freshly traumatized of 40 years of torture and found out that the whole world is about to go up in flames unless he can stop it. You don't need a personality disorder to feel like that when the situation is like that. But: He also has times where he does not feel like that. Whenever the situation is not quite as shitty (which in a TV show is not often). But the criteria means to feel like that chronically without the world going up in flames, just on a normal day.</p>	<p>NO</p> <p>Dean has a few constants in his life that I think help him stave off chronic feelings of emptiness. I do think he finds purpose in everyday tasks and his job of Saving People, Hunting things. Unfortunately, that doesn't always help to balance the other things going on in his life all the time, but will give him a pass on this one.</p>	<p>Also covered this in the other doc.</p> <p>Dean is the opposite of empty. He feels everything very intently.</p>

<p>8 Inappropriate, intense anger or difficulty controlling anger (e.g. frequent displays of temper, constant anger, recurrent physical fights)</p>	<p>Yes, he does have lots of anger in him. He does have problems controlling that anger – however those situations are usually when in generally there is again an immense amount of stress in the great picture. Not just normal everyday stress, apocalyptic stress or somebody close just died. In his circumstances it also seems to have to do with his ptsd and his “occupation”. But, on a normal day, he can be very calm and nice to people and does constantly fight without a reason.</p>	<p><b>NO</b></p> <p>I think the key word is “inappropriate”. I think all the times he’s displaying intense anger, it’s merited or understandable. I don’t think he picks fights just to have them.</p> <p>He shows an extreme amount of care around those he loves and appreciates. There’s not a lot of wavering or back and forth, again, unless the situation is extreme.</p>	<p>Again, context is key. Yes Dean has intense anger. Consider his life &amp; the tools he has available to him to manage his emotions.</p>
<p>9. Psychotic Symptoms Under extreme stress, people with BPD may experience psychotic symptoms, such as hallucinations, delusions, or other forms of extreme paranoia. For instance, they may believe other people are out to harm them. Or, they might firmly believe that something terrible is going to happen.</p>		<p><b>NO</b></p> <p>Supernatural occurrences aside, I don’t believe Dean shows a lot of psychotic Symptoms</p>	<p>Hard no. Not at all.</p>
<p>Other typical features of bpd:</p>		<p>I don’t see a ton of judgmental behavior from Dean.</p> <p>He does have that black/white view of monsters that one could say eventually turns to a gray area. But, again, I think anyone would have a hard time with that one. Even</p>	<p>Dean is generally very accepting. He’s worked with monsters more than once: Benny, Crowley, Rowena</p> <p>The show itself is a product of its time with the language &amp; tropes.</p>

claim to be non judgmental and accepting but in reality are very judgemental of others	Dean instead is judgmental of himself, too little judgmental of others that fail him	Jack, nephilim/son of Lucifer, would be a hard pill for most to swallow at first meeting.	But overall, Dean isn't a judgemental person
Externalization of blame	Dean blames himself most, takes responsibility for everything	I think he takes the blame on a failed hunt, when he finds out he was the first seal that broke that got the ball rolling for the impending Apocalypse	Dean blames himself first, last & everywhere in between. He takes the blame for other peoples fuck ups. Hard no
Anger, also explosive yes	but under stress, certain circumstances also typical for ptsd	Yes, but again I think that lends itself to something else. As Ms. Autobahn mentioned PTSD	PTSD/Trauma response
passive aggressive	Sam not Dean	Don't see this a ton in Dean	Ditto, Sam not Dean
indulgent	yes, but also deprived a lot in between. SO why not sometimes indulge a little	Indulgent at times	I don't think Dean is indulgent more than any other person.
self centered	not Dean— always focused on the good of the others, Sam sometimes very self centered in beginning	Nope, nope, nope	Hard NO
very needy of attention,  Very needy of acceptance, approval	Yes, but everyone is needy of some attention, but in the sense of, Dean gets much less attention than a person should normally get, he wishes for at least a little positive attention. Not in a sense of needing more attention than a normal person would. Sam got more attention than he did. he is always stepping back, doing everything for John without any recognition at all.	Hm, I really don't think he needs a lot of attention.  I think he's very needy of acceptance and approval from a few close people but not in general	Dean needs to feel supported. He wants Sam around him, wants that reassurance. But he's not needy of Sam's attention or anyone elses
Manipulation tactics to try to get the needs met	No Dean to forward and he is all about meeting everyone's elses needs but his	One could argue that his lying or not being forthright with all the facts could be viewed	He <i>has</i> been manipulative (Sam & Gadreel) but he isn't manipulative in general

		as manipulative. John, again, might have been a model for this type of behavior.	
Very charming and easy to like in the beginning and then distance people that are close to them:	He can be charming, but also can need a long time to warm up to people. But then, he holds on to people, when he can and can keep friendships or would keep friendships, if the people would not be killed or their well being would not be threatened by their friendship (Jody, Donna, Garth, Charlie, Bobby, ...)	Very charming and easy to like? Have you met Dean Winchester? Though an argument could definitely be made that Sam is much more charming and easy to like right off the bat.  I think the distance thing might be a protection mechanism. But, I don't see him as distancing people once they are in his immediate circle. Again, he may hold back information because he thinks that's keeping them safe.	I don't see Dean distancing himself one people are 'in' And the difficulties in getting 'in' can easily be attributed to a trauma response.  Look at Sam, who was much more open & free in the early seasons & gradually closed back up and shut people out. It's a product of the life.
Explosive anger when somebody needs space or reading into somebody needing space even there isn't anything and then overreacting, partners often are their punching bags	Dean is extremely protective of others, lets himself be the punching bag, takes it, even when people really treat him bad for a long time	He may be angry when someone says they need space (i.e., Mary or Sam) but I don't see the anger as being explosive... it's more internalized.	I think Dean has a 'you can't quit if I fire you' attitude about some people. Sam especially. But it's a defense mechanism for sure, & he never seems truly angry. Just disappointed.
Quick mood swings, fluctuation moods,	Dean is not from one moment to the other depressive and then manic but he sometimes has depressions.	I think he can have quick mood swings, but it's usually life and death or they've failed to thwart the big bad moments.	His mood swings seem to only go from bad to good tho. A failed hunt = wallowing which quickly turns to the next plan.
Always feeling offended easily, lots of accusations	When he is offended, he has real reasons to be offended	I think it takes a lot to easily offend Dean and have it stick	Fully agree, can't think of a time he's been seriously offended