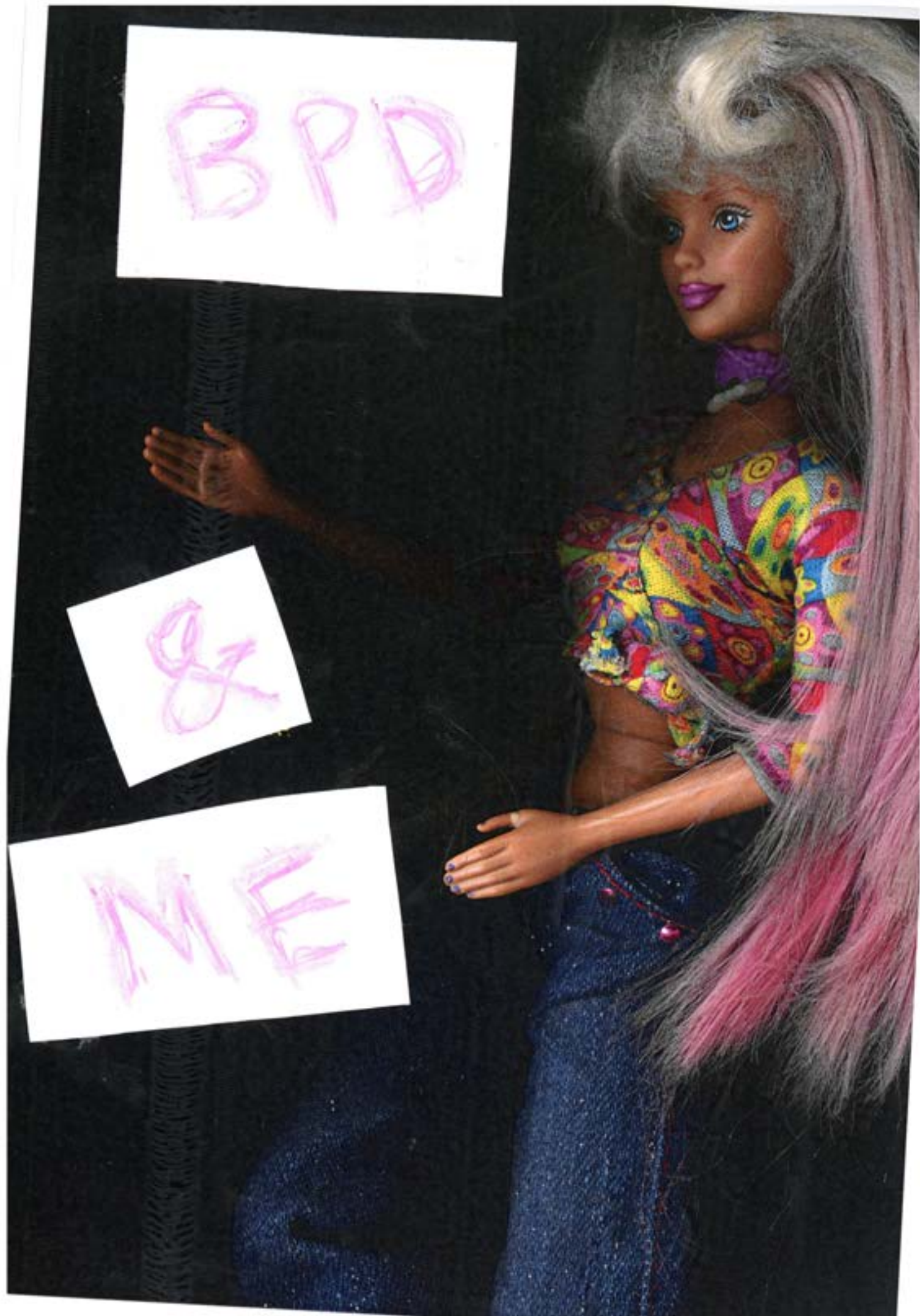


BPD



&

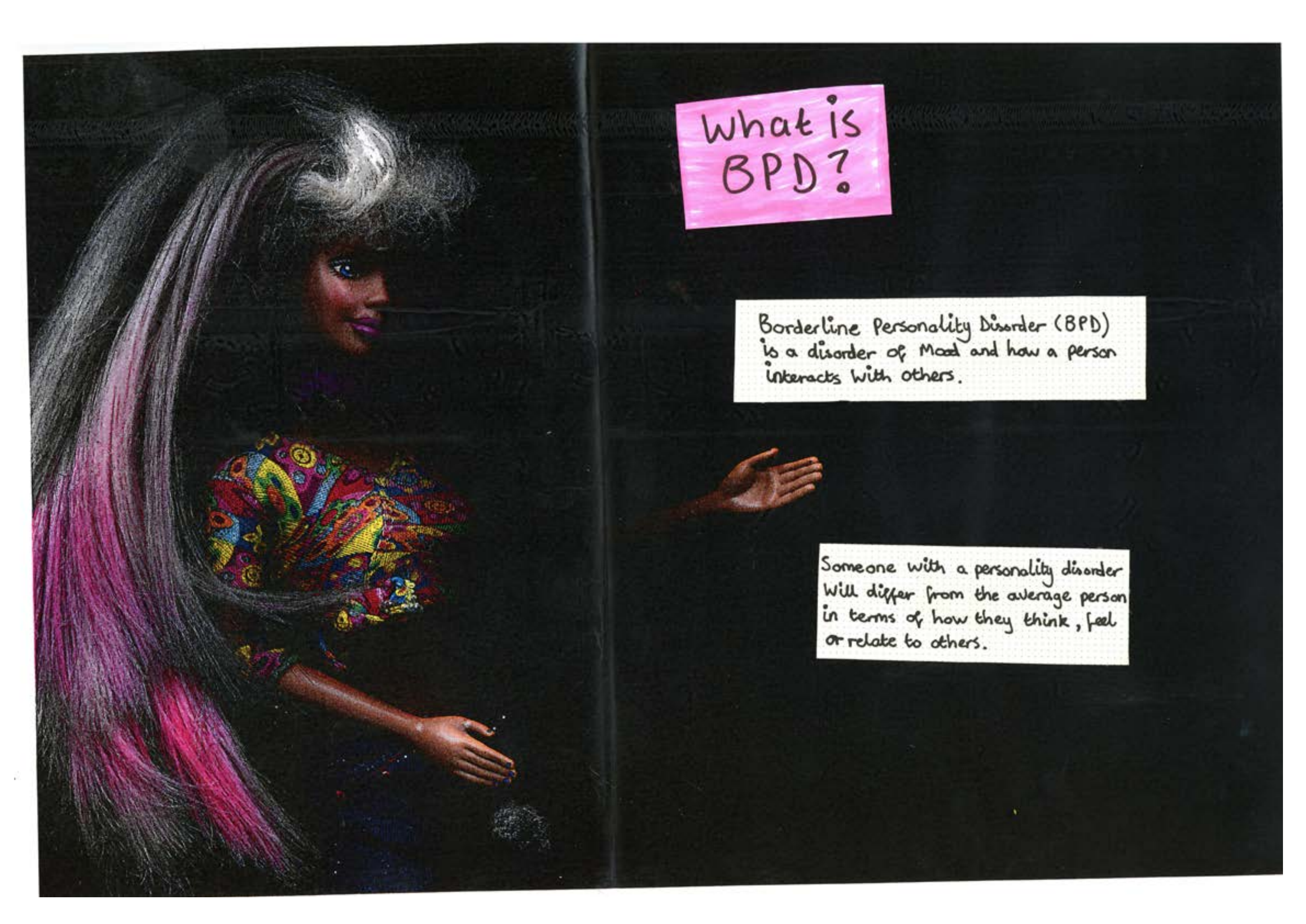
ME



About the Author

Kat Outten is an artist/
designer, living in London.
They were diagnosed with
BPD 2 years ago, having
previously been diagnosed
with anxiety and depression.
They hate writing 3rd person
bios and can't wait to
finish this one.

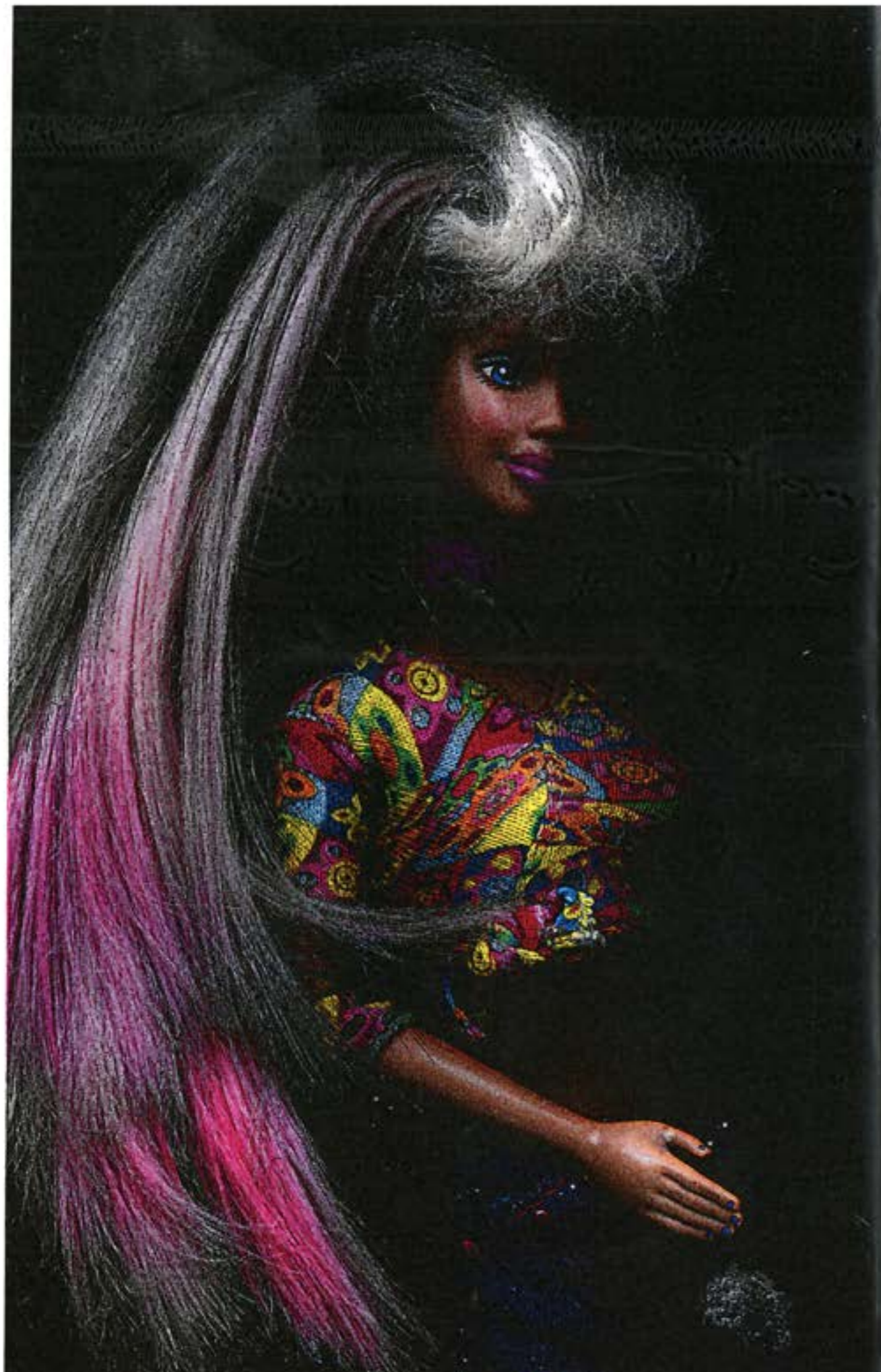




What is
BPD?

Borderline Personality Disorder (BPD)
is a disorder of Mood and how a person
interacts with others.

Someone with a personality disorder
will differ from the average person
in terms of how they think, feel
or relate to others.



What Causes It?

The Causes of BPD are unclear, however as with most conditions it appears to come from a mixture of genetic and environmental factors.

Traumatic events that occur during childhood are associated with developing BPD. Many people with BPD will have experienced parental neglect or physical, sexual or emotional abuse during their childhood.

There are 4 main symptoms:

Disturbed Patterns of Thinking or Perception

Everyone hates me

I AM THE BEST!!

I HATE YOU!!

I love you!!

I am never going to feel happy again

Who am I?

I'm the literal worst

Does anyone like me?

Where am I?

People with BPD often struggle with their sense of self and can only see things in black and white.

Welcome To
KAT'S

Brain!

Spin The

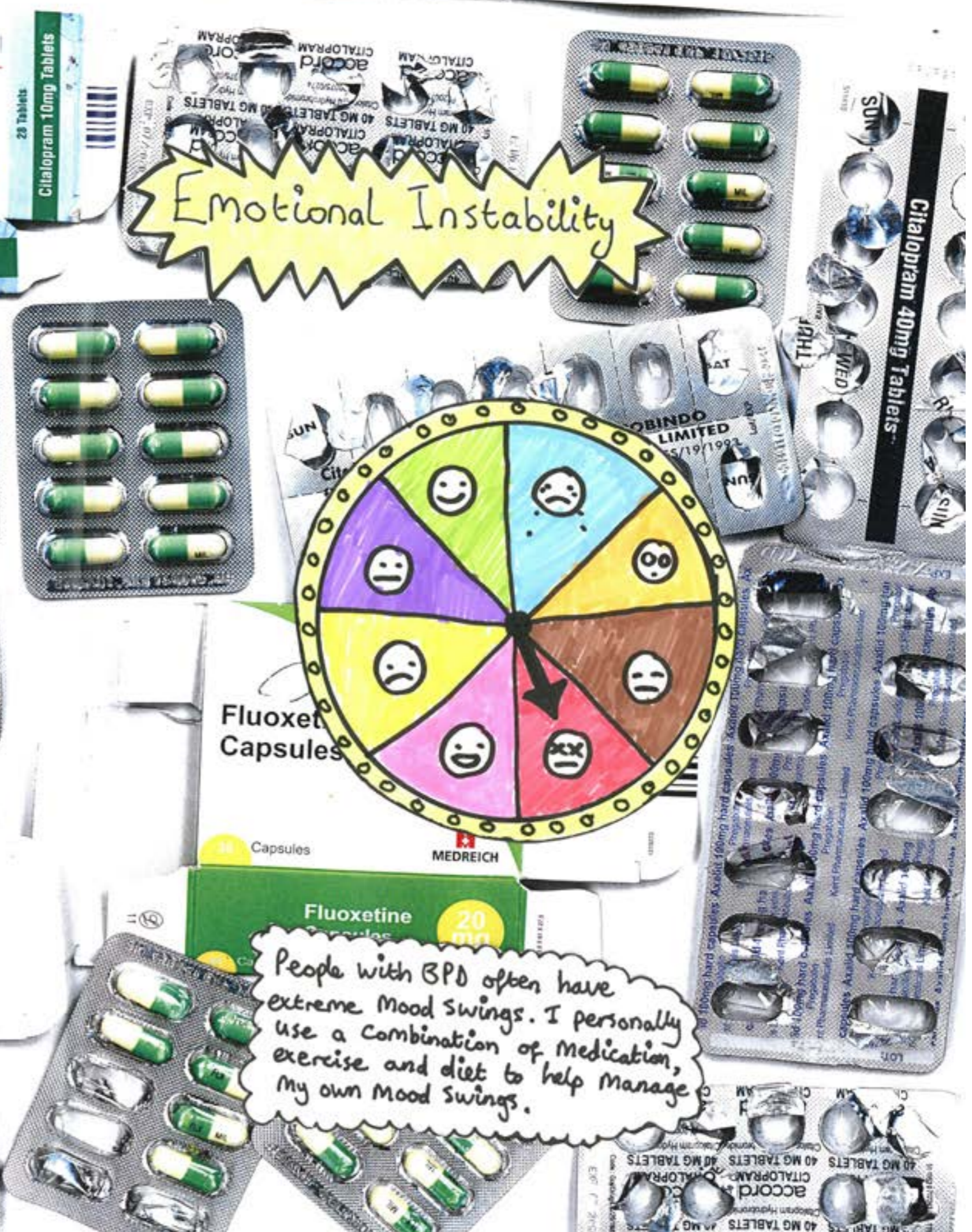
**MOOD
WHEEL**

Emotional Instability



Fluoxet
Capsules

People with BPD often have extreme mood swings. I personally use a combination of medication, exercise and diet to help manage my own mood swings.



Impulsive Behaviour



Peel off your MCDONALD'S to reveal your game. Keep game pieces and...

Instant Win Millions of prizes for grabs inside

CHECK OUT ALL THE PRIZES MCDONALD'S CO UK! SEE RULES FOR DETAILS

Impulsive behaviour isn't always bad. However it can include drug use, alcohol misuse, excessive spending, binge eating, and increased sexual activity

Unstable Relationships



People with BPD often have intense but unstable relationships with others. This can apply to Romantic relationships, friendships, and relationships with family.

Someone I know has BPD, what should I do?

Learn about BPD. Understand that the way we react to things has a reason, even if you find it hard to understand.

Communicate. Be clear with your boundaries, and ask about ours.

Be supportive. Everyone needs support, and for people with BPD that extra effort means the world.

Take us seriously. Our mood swings and erratic behaviour may seem extreme, but to us it isn't.

Check in on us. If someone has withdrawn they may need help, but are unable to ask.

Thanks for reading!
Kat ♡