Borderline Personality, Do You Know What It Is?

Borderline Personality is an illness that plagues 1.6 percent of the American population. It is commonly known as BPD and is one of the most destructive mental illnesses known to man. It is very difficult to regulate emotions with this illness. Many people with BPD attempt self-injury without wanting to commit suicide and need close mental supervision. In many instances, hospitalization is necessary in treating this illness, in many cases if caught in time, people with BPT who get proper treatment can live a long and productive life.

Sometimes depression and or bipolar illness have some of the same characteristics and may be confused with BPD. As previously mentioned, self-injury along with anger, depression and anxiety, and sometimes drug and alcohol abuse are common. People with borderline personality feel insignificant, helpless and many times see themselves as bad people. They really want to be left alone, and when they are, the illness may cause a full-blown episode. Attitudes toward people can change on a dime, causing substantial confusion to all involved. People with BPD have problems with excessive spending, risky sex and excessive eating. There are many similarities with some mental illnesses, which can be confusing to non-professionals and even sometimes the mental health providers.

In the last decade many treatments have been developed to cope with this BPD. Drug companies have played a significant role with managing mental illness. Some drugs work and some do not. It takes a qualified mental health professional to evaluate each patent thoroughly to diagnose the illness and apply the proper treatment. As previously mentioned, many mental illnesses experience similar symptoms and need to be evaluated properly. If the illness is misdiagnosed, serious problems can occur.

Like many mental illnesses, BPD causes are unknown, but studies have shown that heredity factors are the common causes of this illness. Studies have also shown in young children, sexual abuse has exacerbated the illness, along with neglect. Adults, also, are affected and can be victims of violence which can contribute to them developing BPD. The 10 most common symptoms of BPD are as follows.

1. Fear of abandonment; being afraid of being alone, clinging to someone to stop them from leaving and sometimes being jealous of people around them.
2. Bad relationships: how can one act normal and show love, compassion, understanding, and sensitivity when not mentally stable.
3. Poor self-image; Not feeling good about themselves, feeling physically unattractive, feeling too fat, feeling stupid, etc.
4. Impulsivity; risky sex, stealing, driving excessive speed, and breaking the law.
5. Suicide
6. Having mood swings; going from being happy and having normal behavior, to intense rage
7. Feeling alone and being unhappy, which may cause drug abuse or excessive eating.
8. Paranoia: the feeling of danger and feeling that something bad is about to happen.
9. Genetics: being predisposed, family members who also have BPD

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