

# BPD CHEAT SHEET



## THE SYMPTOMS OF BORDERLINE PERSONALITY DISORDER

Diagnosing borderline personality disorder (BPD) is complex, and sometimes it can be hard to tell when someone might have it because the symptoms often vary widely between people. To be diagnosed with BPD you must exhibit at least five of these nine symptoms:

### 1. Abandonment fears

Intense worries about abandonment and strong efforts to avoid it. E.G. texting 20 times a day and feeling desperate if you don't hear back.



### 2. Relationship problems

- Unpredictable, rocky relationships, bit like a rollercoaster



### 3. Problems with identity

Not sure or secure in their sense of themselves e.g. dramatically changeable in their sense of their own needs and interests or in their appearance



### 4. Recklessness

Risky behaviours, such as excessive drinking, partying, drug-taking, or putting yourself in dangerous situations



### 5. Self-harm

Deliberately hurting yourself e.g. cutting, burning, bruising, chafing or hair-pulling

### 6. Mood swings

Volatile moods, easily triggered and can go from very happy to the depths of misery in the space of an hour depending on circumstances and events.



### 7. Emptiness

- Profound feelings of hollowness or emptiness, sometimes feeling like boredom or restlessness



### 8. Easily provoked anger

Tendency to be easily triggered and to experience intense outbursts of anger and rage.

