**Borderline Personality Disorder**

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**SYMPTOMS/SIGNS**

* Dysfunction of emotion regulation system
* Unstable interpersonal relationships
* Unstable self-image
* Impulsivity
* Suicidal ideation/attempts
* Fear of abandonment
* Changeable self-concept
* Self-mutilating acts
* Extreme changes in moods and emotions
* Long-term sense of emptiness
* Short-term or periodic, paranoid ideas

**Self-Help Exercise**

* Step 1: when feeling any of the above, take a deep breath and think what may have triggered those emotions.
* Step 2: after collecting your thoughts, write down what you think it may have been
* Step 3: write positive alternate course of actions instead of acting out on impulsivity
* Step 4: act out those positive ideas (e.g., drawing, going for a walk, speaking to a friend, family member, or trained professional in the behavioral field)
* Step 5: continue to monitor emotions, and find positive outlets

**Resources**

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