



## NAVIGATING THE JOURNEY AS A CAREGIVER

Your **loved one** has a diagnosis of **Borderline Personality Disorder (BPD)**.

### *What's next?*

### **Behaviors and Challenges You May Recognize**

Borderline Personality Disorder is a mood disorder with aspects of insecure attachment, low self-esteem, identity crises, and extreme thinking. BPD is thought to stem from trauma and is more common in women. People living with BPD face stigma about their chances at recovery, but learning to manage BPD is always possible. Still, your loved one is going through a lot.

They may be experiencing:

- Fear of abandonment and impulse to destroy relationships
- Sudden overwhelming anger seemingly out of nowhere
- Suicidal thoughts and thoughts of self-harm
- Urges to manipulate others, challenges forming and keeping healthy relationships
- Behavioral health hospital trauma due to prior hospitalizations
- Burning through friends, partners, and social groups; isolation
- Attraction to risky substance use and other impulsive behaviors
- Dissociative episodes, feeling empty and "unreal "
- Challenges living a stable life as they repeatedly reinvent their personality
- Rapid switching between idolizing and demonizing friends and loved ones

This journey of navigating your loved one's BPD diagnosis may look daunting at first. Yet, it can help to shift that compass and look at this journey as an opportunity for GROWTH. On this journey, you can NURTURE your relationship with your loved one AND yourself.

### **Supporting Your Loved One**

You and your loved one are embarking on a growth journey and will navigate their diagnosis TOGETHER. Be PATIENT with your loved one AND yourself as you learn which coping strategies are most helpful.

The greatest gift we can give our loved ones is ACCEPTANCE of what they are going through in the moment. To help them you can also practice boundary-setting, utilize outside help, and take care of YOU! It will empower you BOTH on this journey for you to give yourself love and rest. YOU will be more able to give the care they need and THEY will witness your self-care example.

You can also provide your loved with resources. *See the next page for ways to help manage BPD.*

**If you are currently experiencing a crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.**

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## Resources for You and Your Loved One

- **The National Institute of Mental Health** on BPD <https://bit.ly/3jCYKTR>
- **The National Alliance on Mental Illness (NAMI)** on BPD <https://bit.ly/3jHIktE>
- BPD information from **Mental Health America (MHA)** <https://bit.ly/3qNXNtI>
- **NAMI** on BPD stigma within the care industry <https://bit.ly/3qJxo02>
- **Bearable**, the mood and symptom tracker app for reflecting on patterns <https://bit.ly/2UmAvPt>
- **Calm Harm**, the app for self-harm prevention and harm reduction <https://bit.ly/3ykvLbG>
- **MHA's** list of national warmlines for non-crisis suicidal thoughts <https://bit.ly/3qJYcNw>
- Recordings and handouts for families of BPD persons from the **National Education Alliance for Borderline Personality Disorder** <https://bit.ly/3jIMOQI>
- 5 ways to set boundaries with BPD teens from **Borderline Personality Treatment** <https://bit.ly/3jGzBYq>
- 14 ways to manage BPD anger swings by **VeryWellMind** <https://bit.ly/3heeMSI>
- **The Suicide Prevention Lifeline** <https://bit.ly/2UYCSYO>
- **Exploring Your Mind** on psychological techniques for impulse control <https://bit.ly/3ymmKib>
- **Healthtitan** on practical self-care tips for BPD <https://bit.ly/3qLm4Ao>
- **Psychology Today's** overview on the most effective therapy method for BPD <https://bit.ly/3jFoYoL>
- BPD regulation exercises, skill training and worksheets from **DialecticalBehaviorTherapy.com** <https://bit.ly/36f45sB>
- The Dialectical Behavior Therapy provider search engine by **DBT Providers** <https://bit.ly/3dEvqso>
- A self-guide on coping with current feelings by **Mental Health is Health** <http://bit.ly/currentemotions>
- **Insight Timer**: free, comprehensive meditation app **Insight Timer** <https://bit.ly/calminisight>

## Preventing Caregiver Burnout

We give our BEST care when we are also taking care of ourselves! Make time to recharge, even with a short moment that's just for YOU. Connecting with other caregivers is another powerful form of self-care. Learn more about our One-to-One Caregiver Peer Support program on [our website](#).

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