**Borderline Personality Disorder Overview**

**Links**

[Borderline Personality Disorder (BPD) - HelpGuide.org](https://www.helpguide.org/articles/mental-disorders/borderline-personality-disorder.htm)

[Helping Someone with Borderline Personality Disorder (BPD) (helpguide.org)](https://www.helpguide.org/articles/mental-disorders/helping-someone-with-borderline-personality-disorder.htm)

[Borderline Personality Disorder Test - HelpGuide.org](https://www.helpguide.org/articles/personality-disorders/borderline-personality-disorder-test.htm)

**Treatment Plan**

\*Recommend “The Personality Disorders” Treatment Planner – Wiley – 2nd Ed.

**Subtypes:**

Petulant and self-destructive BPD: Self-destructive borderline turns their negative feelings toward others inward, while the petulant borderline is likely to become more hostile and cynical in their relationships over time (more psychosis prone)

**Reminders**

Cluster B – with Antisocial, Borderline, Narcissistic, Histrionic

Cluster B- focus on increasing safety for them to admit the behavior

Borderline’s want to be understood

**Books**

Stop Walking on Eggshells https://a.co/d/5KeurCt

Adult Children of Emotional Immature Parents https://a.co/d/8D9nLye

DBT https://a.co/d/j4Zdys4

Running on Empty https://a.co/d/eUh9aye

Love you Hate You https://a.co/d/7wowVPV