

Ino sama

Understanding and Healing Borderline

Personality Disorder

Empowering Strategies for Individuals, Families, and Therapists

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Introduction

Most personality disorders are associated with personal development and character issues that peak in adolescence and are then defined as personality disorders. Children and adolescents with a personality disorder have great difficulty dealing with others. They tend to be inflexible, rigid, with an inadequate response to the changes and demands of life. They have a narrow view of the world and find it difficult to participate in social activities. Borderline personality disorder severely impairs the quality of life of patients. Failures in the personal sphere, together with a constant

fear of loneliness, professional and social dissatisfaction, cause depression, lead patients to use psychoactive substances and suicide attempts. Treating BPD is not an easy task, however, with the right psychotherapy, it is possible to stabilize the condition and improve coping.

What is a personality disorder?

Personality disorders are mental disorders that are not literally an “illness”. They change the personality as a whole, affect the whole psyche, including behavior, emotions, thinking. And last for many years, decades, or even a