

a book of 9 traits

A self-help book for people affected by borderline personality disorder

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About BLACKBOX

TRIGGER W

Trigger warning!

If you have been diagnosed with any personality disorder, think you might suffer from one or feel mentally unstable, this book can and wants to be triggering for you. Therefore, you should consider looking at it in the presence of a psychologist, a family member or a close friend you trust in.

If any of this book's content is relatable for you, makes you feel insecure or uncomfortable, we highly recommend you to see a professional and reach out for the help of friends and family.

If you think you have a close friend or family member who might suffer from any personality disorders choose a protected space to discuss it.

You should not be casual about it. Personality disorders can have a wide influence on a person's life and are potentially life-threatening!

WARNING!

bandonment

a

1. Abandonment

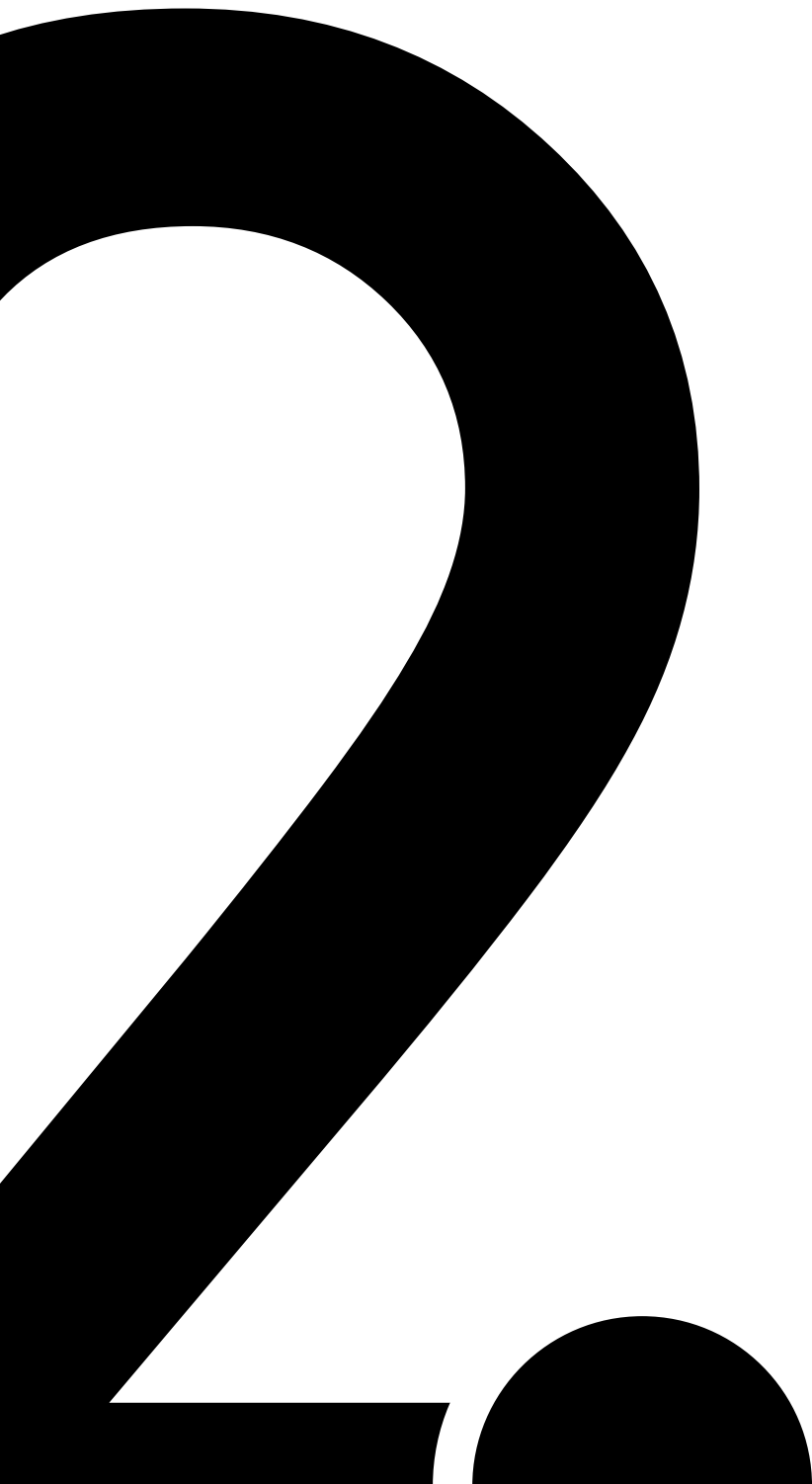
Frantic efforts to avoid real or imagined abandonment.

Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5.



She's not texting back. Ok. Did I do something wrong? I can't remember. Did she get my message wrong? I mean I can see she saw my message. Did she just forget to answer? Was she busy? Did I upset her? I shouldn't have used that emoji, maybe she thought I was making fun of her. I should send another message to ensure her I wasn't making fun of her. That may remind her to answer. But what if she wouldn't reply though? Am I constraining her? Maybe my insecurity is annoying her. I should stop. Or did something happen to her? Is she ok? She normally replies right away, even if it was just an emoji. I should ask if she's fine. Perhaps she had an accident. I should call her mom. But if she's ok she'd probably think I'm stalking her. I shouldn't call her mom. I hope she is fine. I can not lose her. Oh, nevermind. She just replied with a smiley.





idealisation & devaluation

2. Idealisation and devaluation

A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.

Life comes in shades

Life comes in shades
But I rarely recognise.
The world as I see it
Is either black or white.

Bright days can shine
During daytime.
But as sure as sundown comes
Night absorbs light,
reciting mad tounes.

Are you my best friend
Or quite to close, yet?
Is this a helping hand
Or another painful threat?

Today I may love
Anyone I think of.
When at once out of the blue,
Without apparent reason,
I hate them, too.





I hate them, too.
Without apparent reason,
When at once out of the blue,
Anyone I think of.
Today I may love

Or another painful threat?
Is this a helping hand
Or quite to close, yet?
Are you my best friend

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The world as I see it
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Life comes in shades

Life comes in shades

identity

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disturbance

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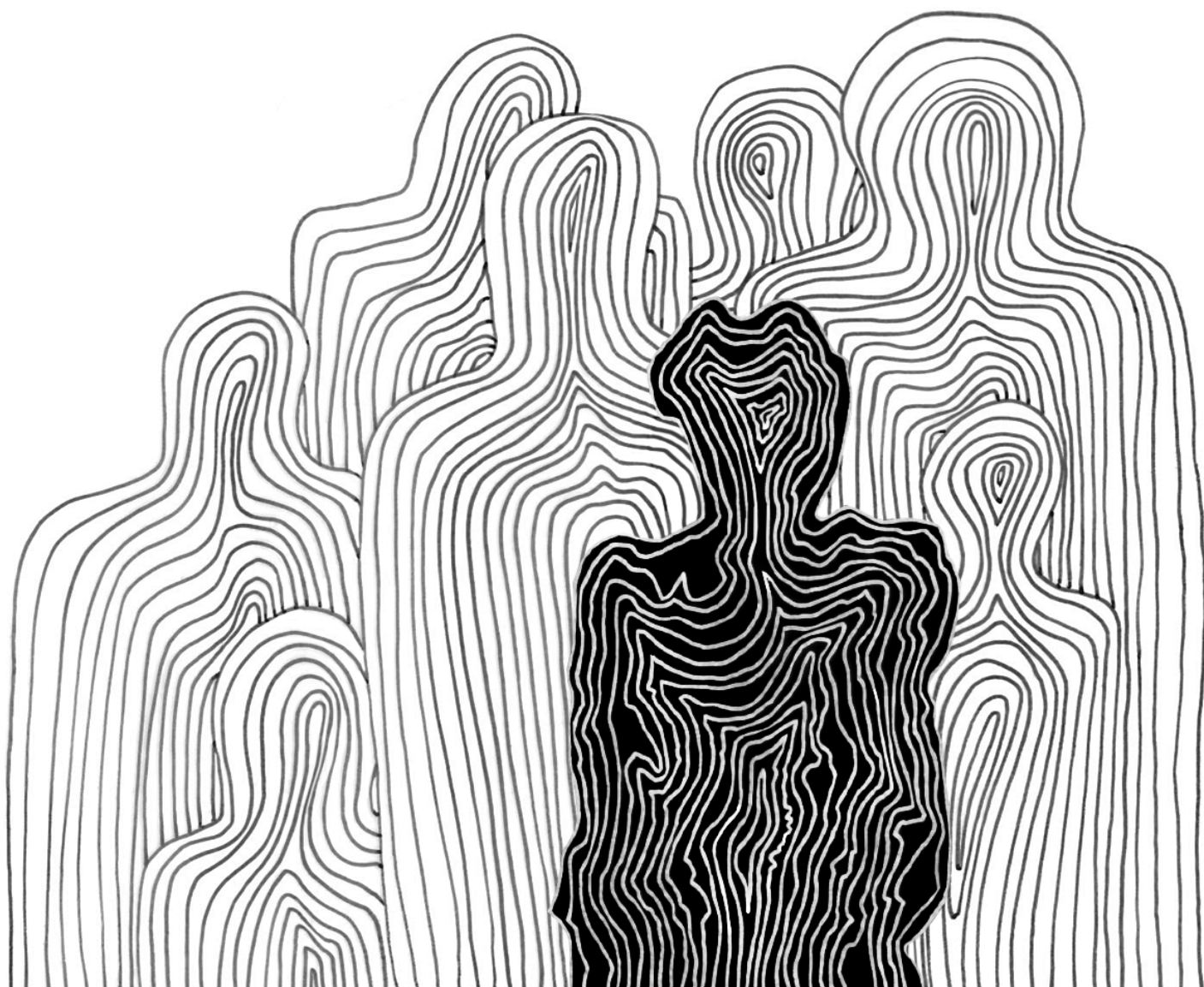
identity

disturbance

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3. Identity disturbance

Identity disturbance: markedly and persistently unstable self-image or sense of self.



When I'm asked how I feel
I have no proper answer.
In my wardrobe, there is no
piece fitting to one another.
The hair colour growing
on my head is not mine,
neither I know which one
is. I am scared of people,
though I need them to
breathe. I know I need help
but I am unable to ask for it.
My body hates me. Or was
it the other way around?
People think I am extroverted
though not at all I am.
Pleasing my environment
is the task I can never
accomplish. I want to make
my life end but then people
would think I'm weak. I am
afraid of my emotions but
sometimes I don't know if I
feel. Do I eat to compensate
or do I compensate to eat?
Did I really think I would
look nice in this? I don't think
suicide is an option for me.



impulsivity

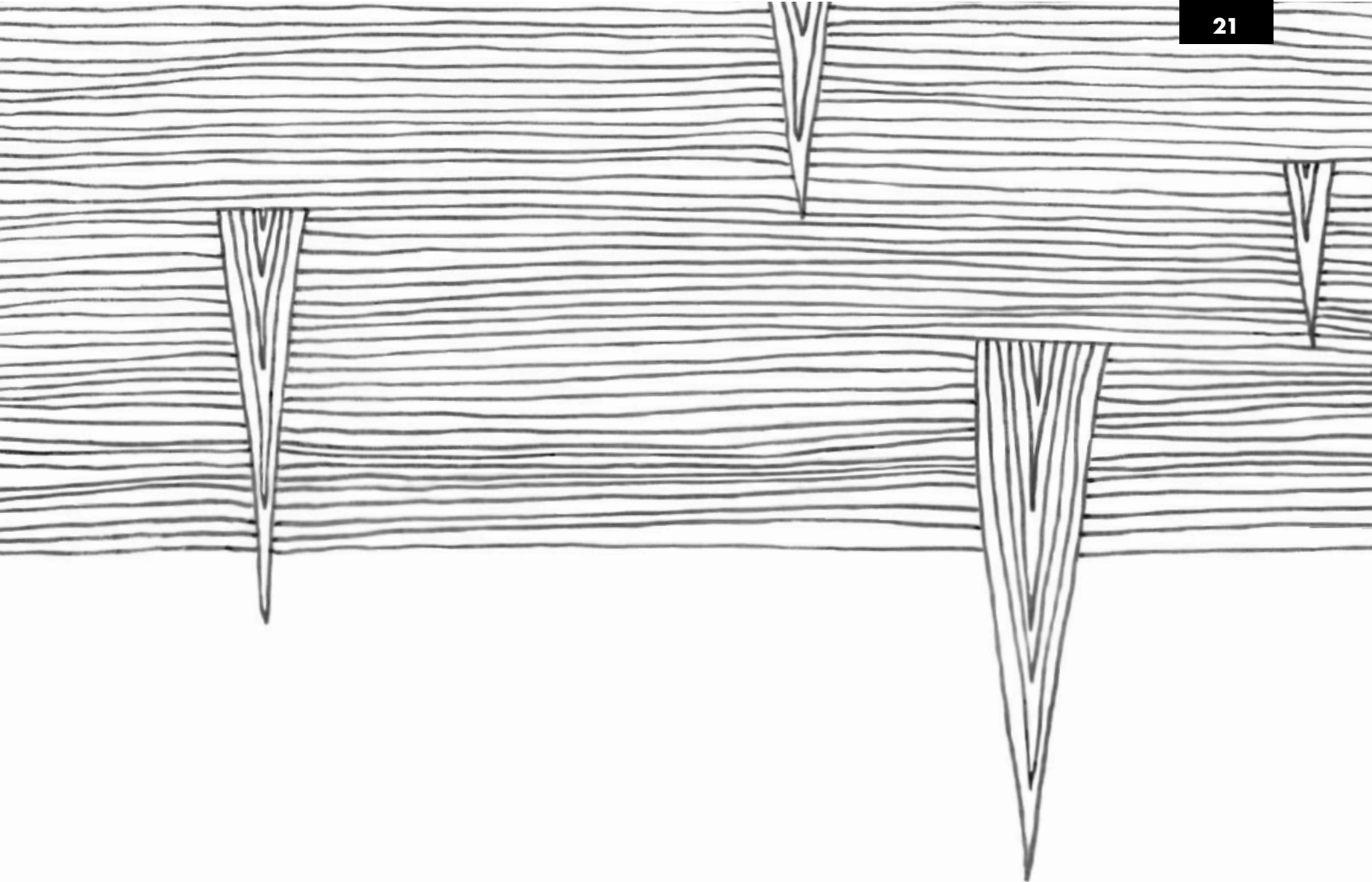
4. Impulsivity

Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, Substance Abuse, reckless driving, binge eating).

Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5.

Fast. Faster. I floor the accelerator. The road is even. The view is clear. Wide fields to the right and the left. The world is blurring. The engine's vibrating but I barely notice. Forward. Further.

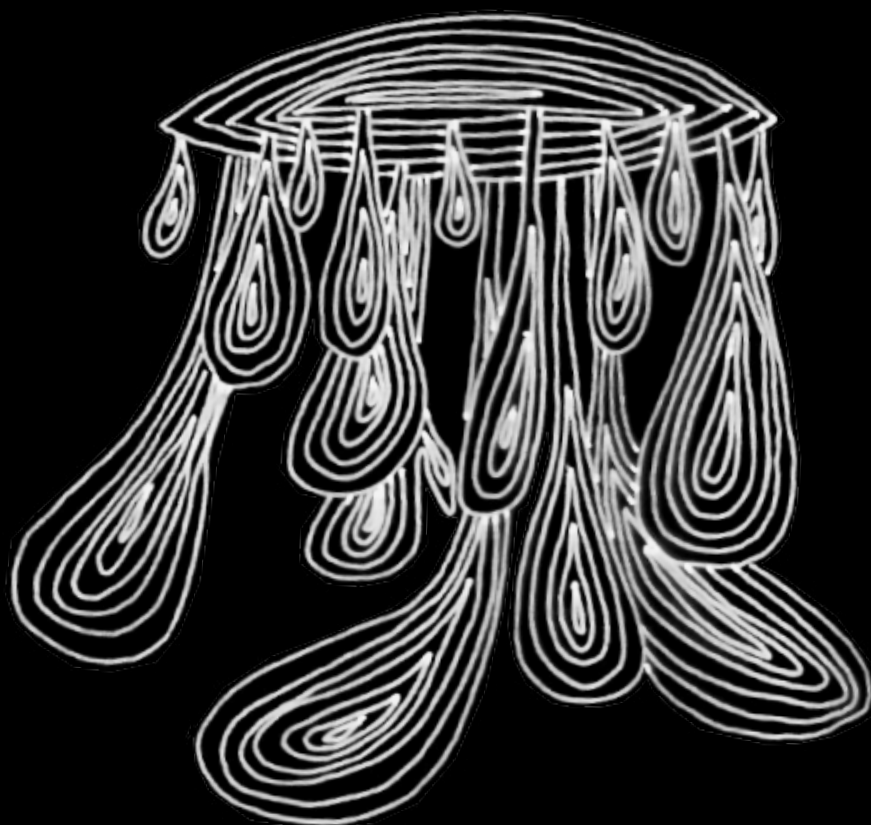
The road signs tell me to slow down. A turn in the road is ahead of me. My muscles tense, I prepare for the centrifugal force. The steering wheel firmly in my hands. I won't slow down. Am I in control?



self-mutilating
behaviour

5. Self-mutilating behaviour

Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.



Feel

I can't,
I can't,
I can't,
I ...
I have to.

I can't take it. I have to do it. I'm so
worthless. Piece of shit. Just die. Make it
end. You deserve punishment.

The wall, the wall, the wall. Smash my
head. Do I bleed? Smash more. The pain.
Can you already stop? Smash it. Pain.

Pain.
Pain.
Pain.

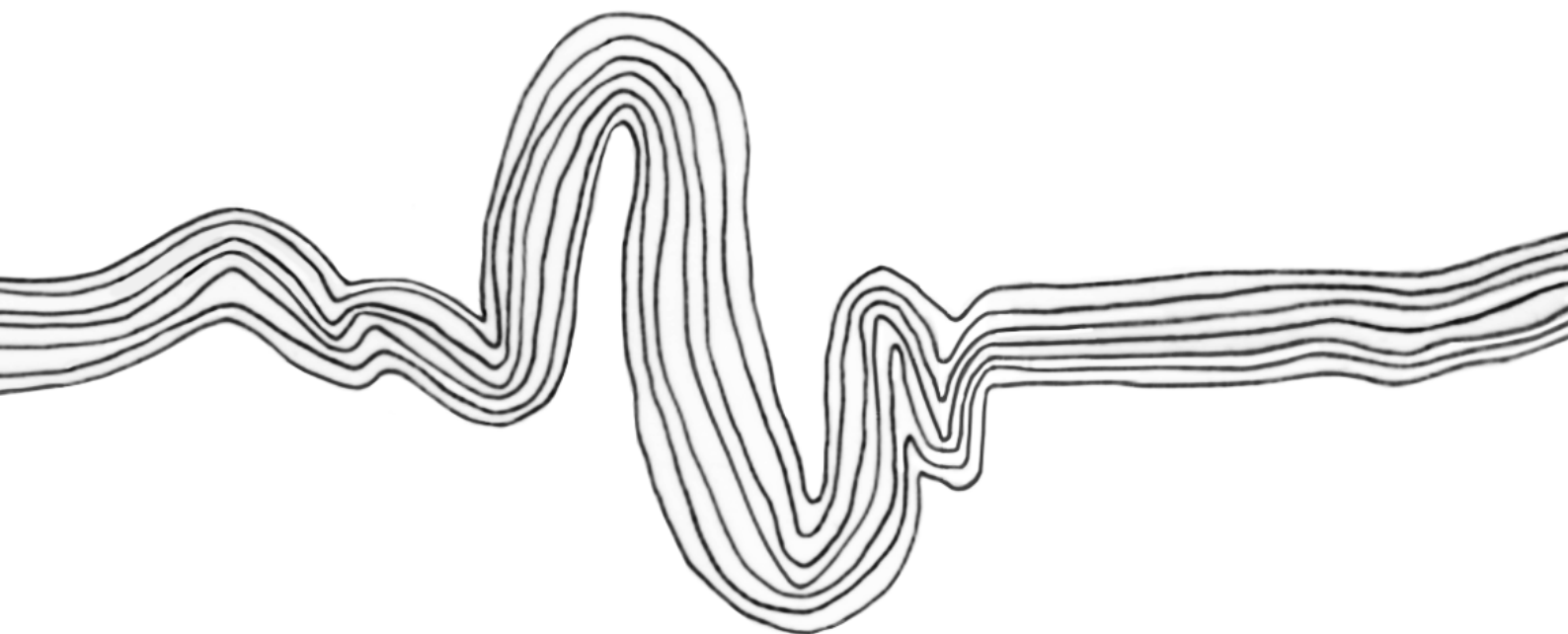
Calm.
Much calmer now. Breath. Can you
feel the pain? Am I bleeding? Oh,
blood. Get a towel. Wash it off.
You'll be fine. Does it hurt? It does.
Ok. I'm fine, better now.



mood instability

6. Mood instability

Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days).





You go through your day
Your bad moods faraway
You eat breakfast and shower
You know all your power
You feel good today

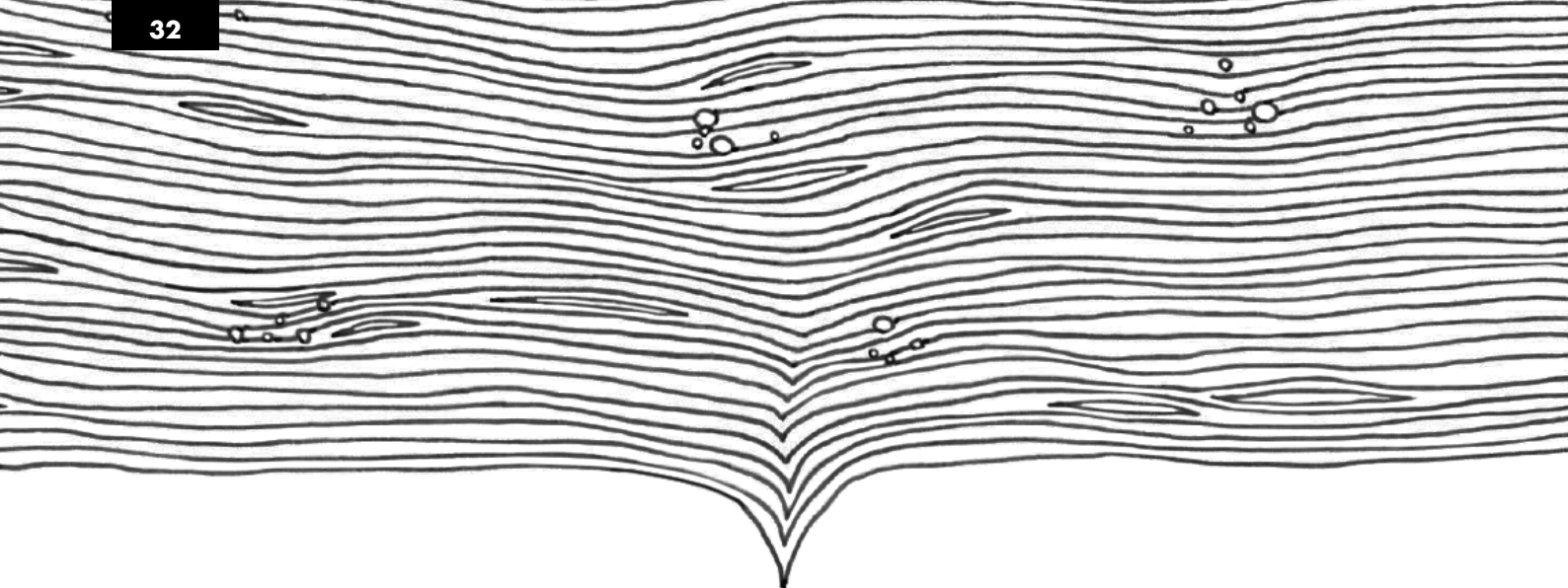
As lunchtime comes closer
You head for the grocer
As back home in your kitchen
You forgot spice for addition
And anger takes over

You pass through your day
Your good moods faraway
You succumb to grief
You see no more relief
You feel bad today

emptiness ...

7. Emptiness

Chronic feelings of emptiness.



Drip. Drip. Drip.

You all know this scene from the movies. A leaking water tap. Everything quiet except for the water drop bursting in the sink.

Drip. Drip. Drip.

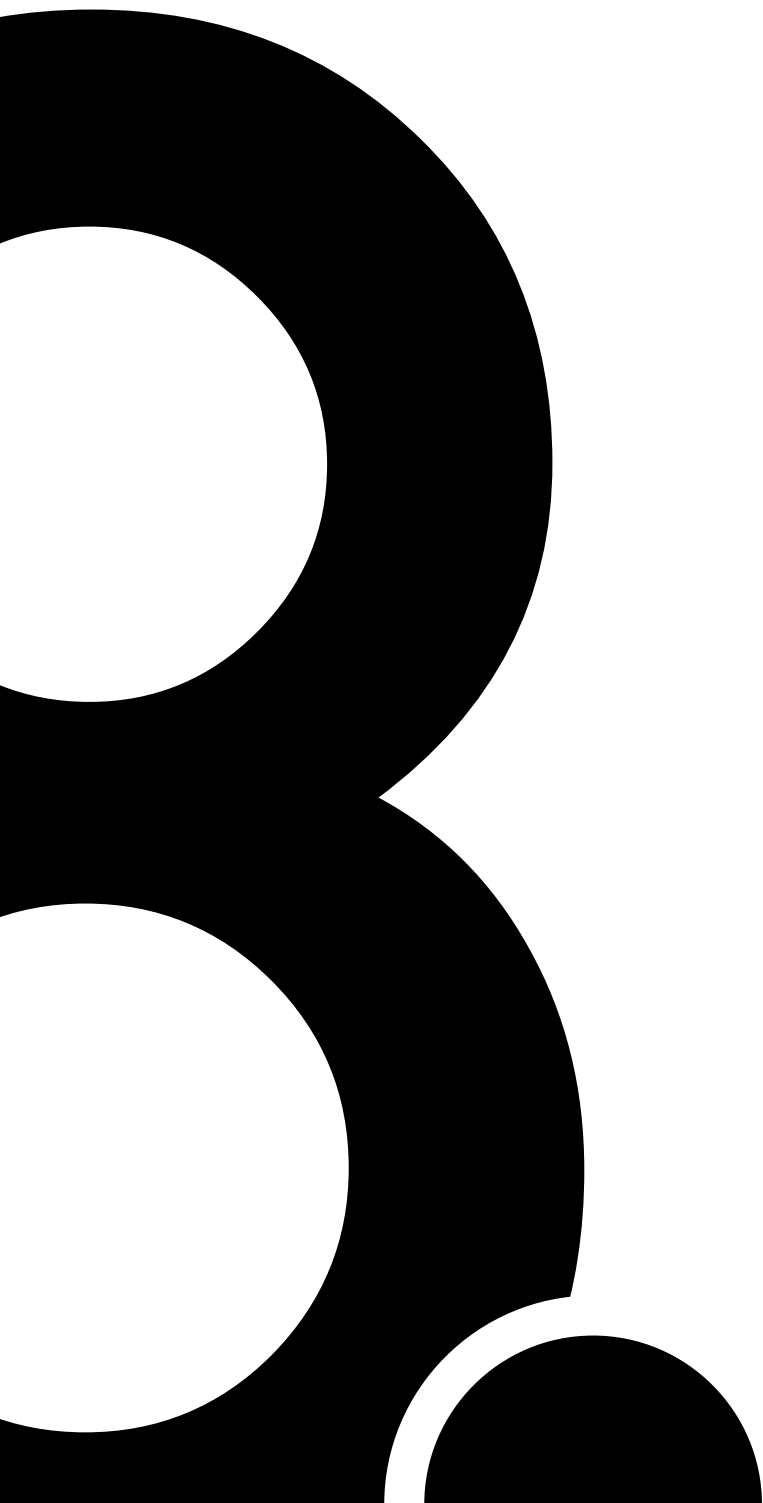
It's so quiet though it's not. And it's uncomfortable. You want it to stop though you can't. You can't fix it. You cant! And it continues dripping.

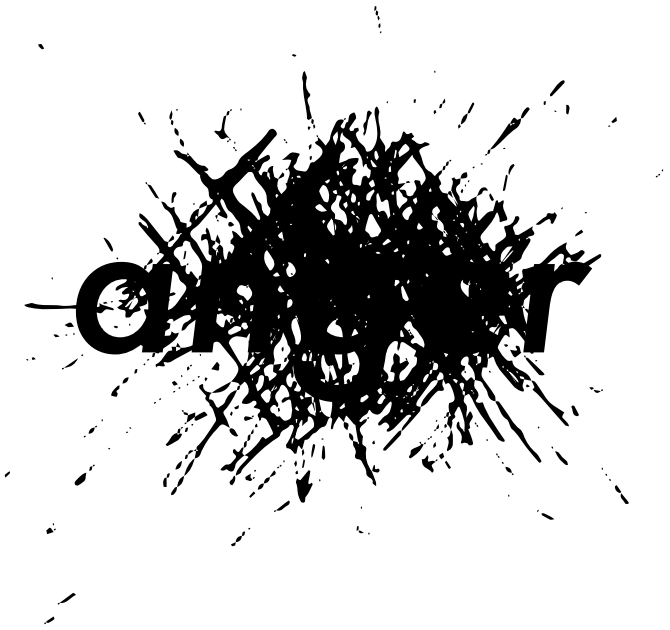
Drip. Drip. Drip.

You can't! You can't take it! You have to do something! Fill the void around the sound of this leaking water tap! Drown it out with sounds!

Drip.

You can't hear it anymore.





8. Anger

Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).

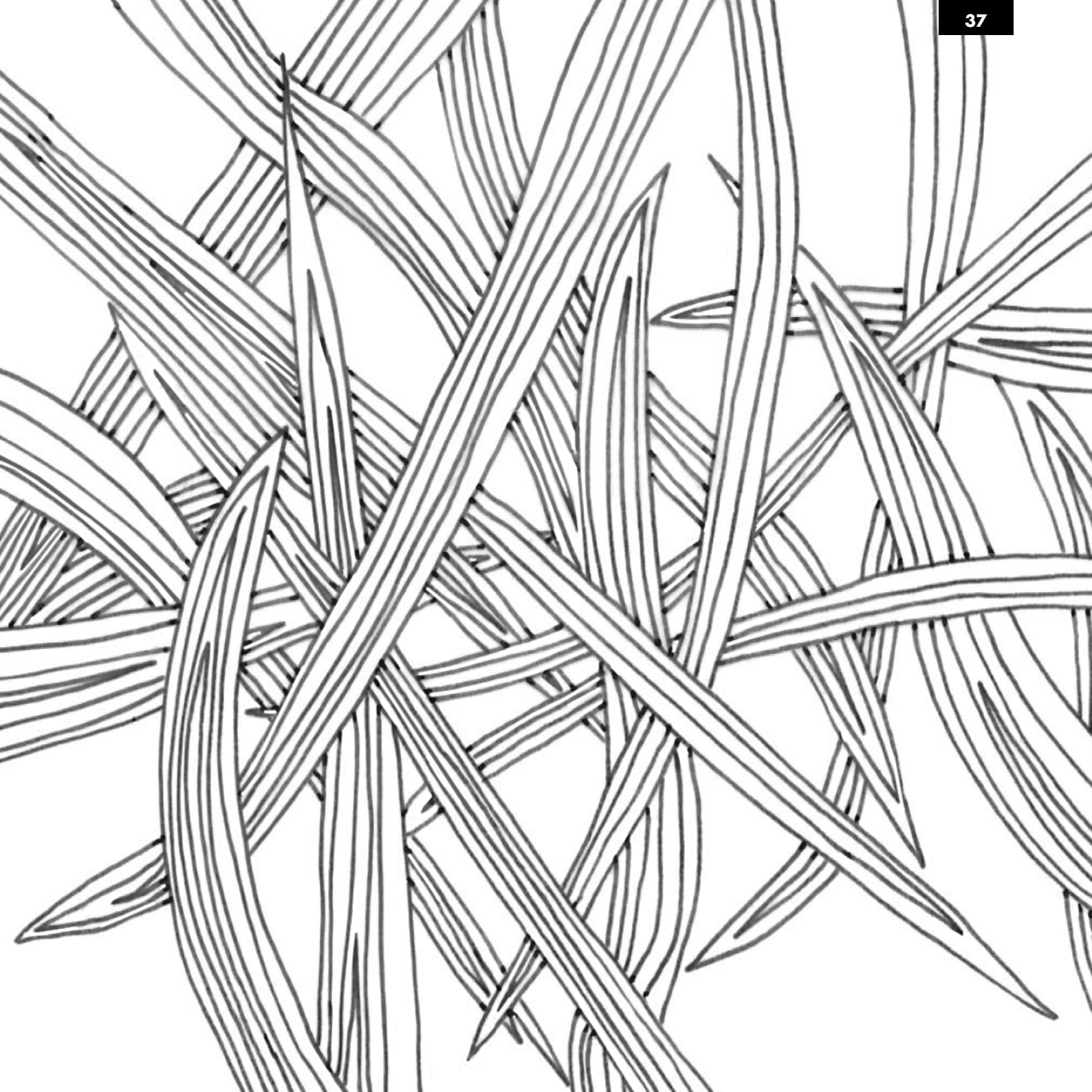
Anger, anger
Sets me up
Anger makes me chafe and scrub

Pressure rises
Fury loads
Until I think my head explodes

Hands in a hurry
Mind is mad
Looking for a fast outlet

Break up
Break down
I am about to drown

Anger, anger
Wildest sea
I drowned within your killing spree

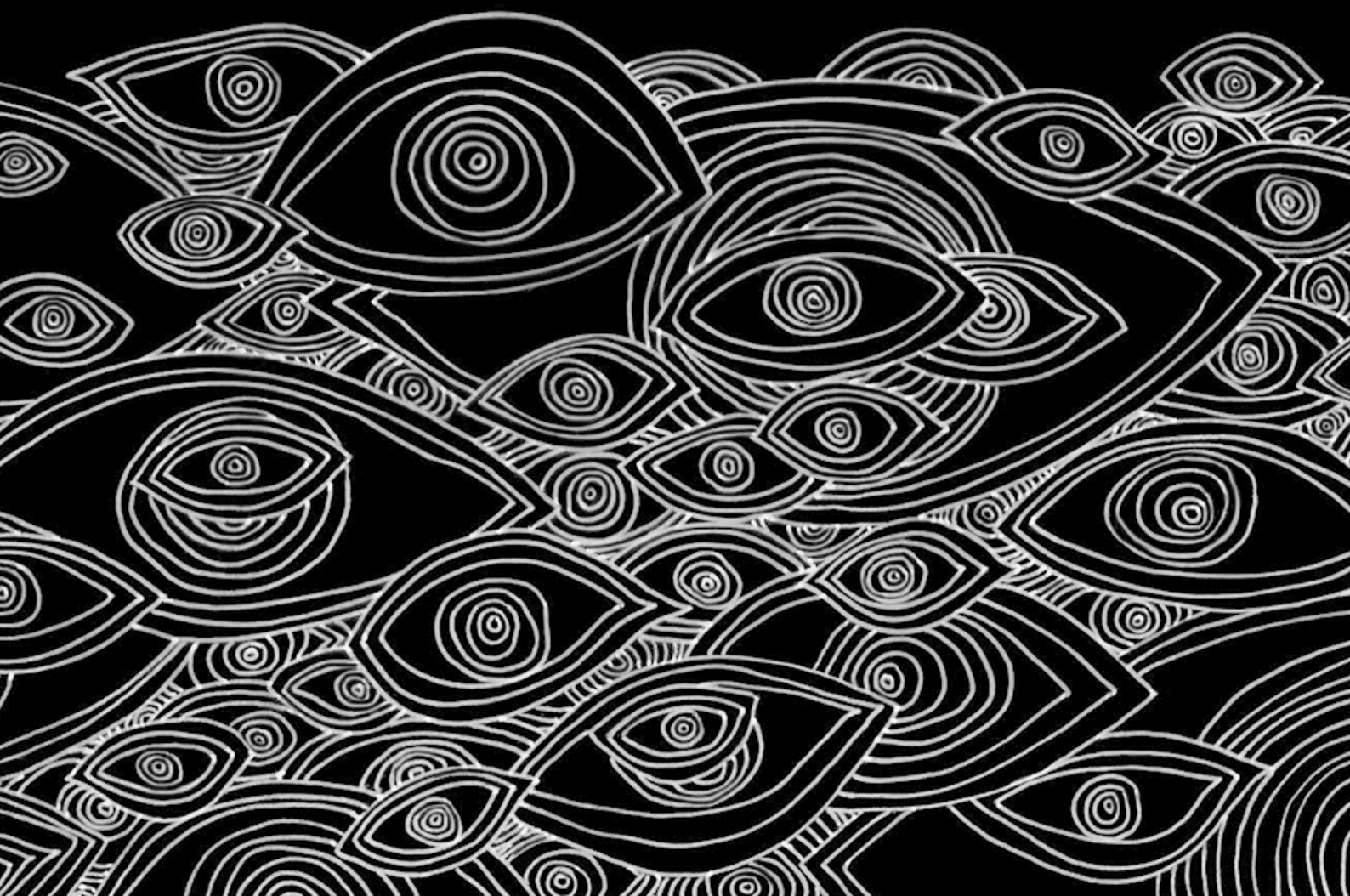


paranoia and dissociation

9. Paranoia and dissociation

Transient, stress-related paranoid ideation or severe dissociative symptoms.





He sits there. His body is slightly shaking. I can see the muscles in his arms cramping. Some seconds ago he was talking to his friends via voice chat. Everything was fine. They were talking about childhood memories. At least that's what I can remember.

His breathing gets heavier. His friends notice he's not talking anymore. They ask if he's fine. He can't answer. He can't hear them. I think he's not aware of his ability to speak. Right now he's somewhere else.

I can see his empty gaze. I know he doesn't know what's going on. I am cold. I can feel the tension in my body. What happened? Where am I? My desk, my computer. I hear my best friend's voice. He sounds annoyed and asks if I'm still there. 'Yes'. He asks me to answer. I don't know what he asked.

FIND HELP

There is help

Even if you can only find yourself in one of the 9 shown traits, you should consider seeing a professional. Each of the traits can be equally harmful to yourself and your environment. Even though you would not be categorised within borderline personality disorder (BPD) (according to the DSM-5) since it is diagnosed when you match at least 5 of 9 traits.

If there are people in your environment telling you that you are fine ignoring your feelings, avoiding those individuals could be healthier for you. Your feelings are real and should be taken care of if they impair you! It is hard leaving toxic relationships, friendships and even family members behind but sometimes necessary.

When looking for help, there are different paths you can take. Most countries offer free helplines. Likewise, many self insurances list psychologists for emergency interviews or you can contact them directly. Via social media, you can find self-help forums and fellow sufferers to connect to.

IS THERE A

Diagnosis and treatment

BPD is unique in everyone. It is a very versatile and challenging disorder with a vast influence on the lives of affected individuals and their relationships with other people. It can be found in around 2% of the world's population and therefore is more common than for example anorexia, bulimia or autism. The illness's origin is seen in genetic aberration as well as the social environment and traumatic experiences. Though first symptoms often occur with the beginning of puberty, it will usually not be diagnosed before reaching the age of 18. A diagnosis should only be made by a professional, preferably by a BPD specialist since it is often misinterpreted with other personality disorders.

Another aspect of BPD that must be analysed carefully concerns comorbidities. Comorbidities are disease patterns which can appear next to another illness. For BPD, eating disorders, OCD, substance abuse and even other personality disorders as for instance bipolar disorder (BPAD) are common.

It is important to know that BPD can be treated! There are several forms of therapy as for example dialectical behavioural therapy (DBT) and mentalisation-based treatment (MBT) with quite high chances of success. Also, prescribed medical treatment can make life easier for affected people. Self-medication is explicitly not recommended.

CURE?

ABOUT US

About BLACKBOX

BLACKBOX is a non-profit organisation dedicated to education, clarification and support for people affected by BPD.

Also, we are no professionals! BLACKBOX is an association of people affected by BPD. We see confrontation as a tool for educational work, offering chances to find out more about yourself.

For our self-help book, we have chosen illustrations, typography and poetry to give people an insight into the emotional world of BPD. It is supposed to be available for free online and displayed at social workers offices, psychologists anterooms and similar places. If you want to find out more visit our website: <https://kaddikanndas4.wixsite.com/website>.

a book of 9 traits

A self-help book for people affected by
borderline personality disorder



For more information check out
our website and social media:
www.cult.ly/6ybaDuD
[instagram.com/blackbox](https://www.instagram.com/blackbox)

