

Borderline Personality Disorder

A manifestation of trauma for many

Frantic efforts to avoid real or imagined emotional abandonment in relationships

Pushing away and then begging to come back

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

Sees partner as wonderful and then horrible depending on sense of exaggerated loyalty

Transient, stress-related paranoid ideas or severe emotional disconnect

Mis-perceiving, mis-attributing, misrepresenting other's emotions

Identity disturbance: significantly unstable self-image or sense of self

Flips between seeing self as wonderful and then the worst and no good

Impulsivity in at least two areas that are potentially self-damaging (e.g., substance abuse, binge eating, and reckless driving)

Drug, food, sex, thrill to distract from misery of fearing abandonment

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

Profound efforts to strike out at self

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

A brain that suffered trauma gyrates between emotional extremes

Chronic feelings of emptiness and worthlessness

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

Emotions that are exaggerated for the situation

Modern, calming and rewiring brain training (EMDR) is scientifically very effective in reducing the adverse impact of trauma on the personality, significantly reducing mental/emotional illness behavior patterns