

# How does BPD come about?

## 1. Invalidating environment:



Invalidating childhood environment include:

- Emotional or physical abuse in the family
- Praise and recognition given only for achievements
- Being mocked, criticized or minimised when expressing emotions
- Separation from one's caregiver



## 2. Emotional Sensitivity

- Each individual differs in how strongly they feel emotions and how perceptive they are to their own and other's emotional experience.
- In a nurturing environment, higher emotional sensitivity can contribute to increased:
  - Self-awareness
  - Creativity
  - Perceptiveness of situations and people.

## Contact us:

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## Opening hours:

Monday to Thursday

9.00am to 1.00pm

2.00pm to 6.30pm

last appointment ends at 5.30pm

Friday

9.00am to 1.00pm

2.00pm to 6.00pm

Last appointment ends at 5.00pm

Closed during lunch (1.00pm to 2.00pm)

Closed on weekends and public holidays

**Services are by appointment only**

## Location:

University Health Centre  
(Basement Level)

National University of Singapore  
20 Lower Kent Ridge Road  
Singapore 119080



# Borderline Personality Disorder



**Strong, difficult-to-manage emotions**



**Doubts about one's sense of identity**



**Difficulties in friendships and relationships**

# Myths about BPD

## 1. Individuals with BPD hurt themselves to gain attention.



**Fact:** Difficulties in practicing healthy coping skills can make it feel like hurting oneself is the only option to cope with intense emotions or be deserving of help.



## 2. People with BPD have no personal identity.

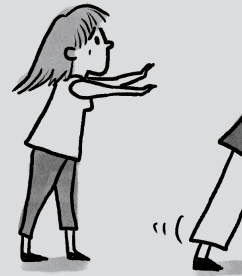
**Fact:** Some people with BPD may adopt the preferences, values and beliefs of others out of a deep desire to form close and meaningful connections with them. This can make it difficult to stay aware of their own needs and identity even though they have a clear sense of themselves.



## 3. People with BPD have unreasonable emotions.

**Fact:** Many individuals with BPD have emotions that are exceptionally strong, difficult to control, and take a long time to return to normal even after the difficult circumstances have passed. At the same time, these emotions are normal and valid reactions to unfair or stressful situations.

## 4. Having BPD means being needy or insecure



**Fact:** Although this can just feel like a sign of insecurity, individuals with BPD have often experienced how difficult it is to find people they can trust, which also makes them likely to value these relationships more! They experience strong worries about being rejected and left in close relationships.

## Is Bipolar Disorder the same as BPD?

**Answer: No.** Both disorders involve intense emotions. In Bipolar Disorder, the mood changes between mania and depression are not attributed to a triggering event. However in BPD, mood swings can be intense emotional responses to stressful events or relationships.

## Does "Personality" Disorder mean that BPD stays with you forever?

**Answer: No.** Recovery may take longer for BPD compared to more common difficulties like Depression. Research suggests that up to 85% of individuals with BPD who receive professional support eventually no longer meet the criteria for the diagnosis of BPD.

## Treatment Options

If you relate to some of these symptoms, it would be helpful to share these observations with your therapist, who will work together with you to decide how to best address these concerns. Effective treatments for BPD include Dialectical Behavior Therapy, Schema Therapy, and Mentalization-based treatment.