
BPD: Providing Understanding to My Loved Ones with Borderline Personality Disorder

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Chapter 1: Friendship

Borderline Personality Disorder has had a massive impact on my life, but not due to its presence within me. No, instead I have two of the closest people to me to thank for my knowledge on this topic, namely my best friend and my sister.

Let's start with my best friend. She's been through a hellish journey in this life with Borderline Personality Disorder, and it doesn't look as if it will be ending Borderline Personality: Providing Understanding to My Loved Ones with Borderline Personality Disorder its war any time soon. And so I've sat with her and given her a place and way to vent her pain. To tell the truth, I have no idea if it's been helping.

Sadly, this is the tragic tale of my best friend, cursed with this hellish pain over her constantly. For what I've been told, she had a fairly normal, if not a tad Borderline Personality: Providing Understanding to My Loved Ones with Borderline Personality Disorder isolated childhood. No incidents of trauma, no biological mental illness, nothing but a touch of loneliness in her life at that point. Keeping up with extracurricular activities that most young children take part in, she took up ballet. It was at this time that she noticed that her legs were slightly larger than the rest of the girls there.

Finding proper friends at age 14 was tough, and she fell in with a bad crowd. She was abused by the friends and lovers that came with this social scene, to a degree that I cannot describe here alone due to length. Not realizing just what it was, she began to fall apart, only reaching diagnoses and medication at 17. Three years she was stalked as prey in the dark by this

monster, it preying and feeding on her newly found self-deprecation and lust for harm. And it broke her.

Her answer to dealing with the depression and anger caused by Borderline Personality Disorder was self-medication through self-harm. Faint scratches littered her skin like pricks from the claw of a kitten. Eventually, she required more hurt to cope, and the cuts got deeper, thicker, and more plentiful. Words of disdain covered the once smooth skin of her arms, chest, and legs, eventually scarring and mixing with older cuts. With my eyes closed, I can run my fingers down her arm and make out the words "die", "hate", and "fuck". She has kept this mechanism for 5 years now.

She asks me not to linger too long on her flesh, as she cannot stand human contact. She explains that touching feels too personal and acts as a trigger to her disassociation, another of her symptoms. I ask her to explain disassociation for me. "It feels as if you aren't in your body, like you're watching your body run on its own."

"How often does this happen?" I ask.

She stays silent for this question. I take the hint and move on to less personal topics.

She began her therapy at age 17 after confessing feelings of depression and suicidal thoughts to her family. She was booked in to see a specialist in the field, and eventually was prescribed medication. She argues to this day that it helped, but based on my perspective, I don't think this was the case. Her moods still remained erratic, and upon first dosage, she began to starve herself in belief that it Borderline Personality: Providing Understanding to My Loved Ones with Borderline Personality Disorder was the only thing in her life she had control over. Her mind to me remained as twisted as it ever was.

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