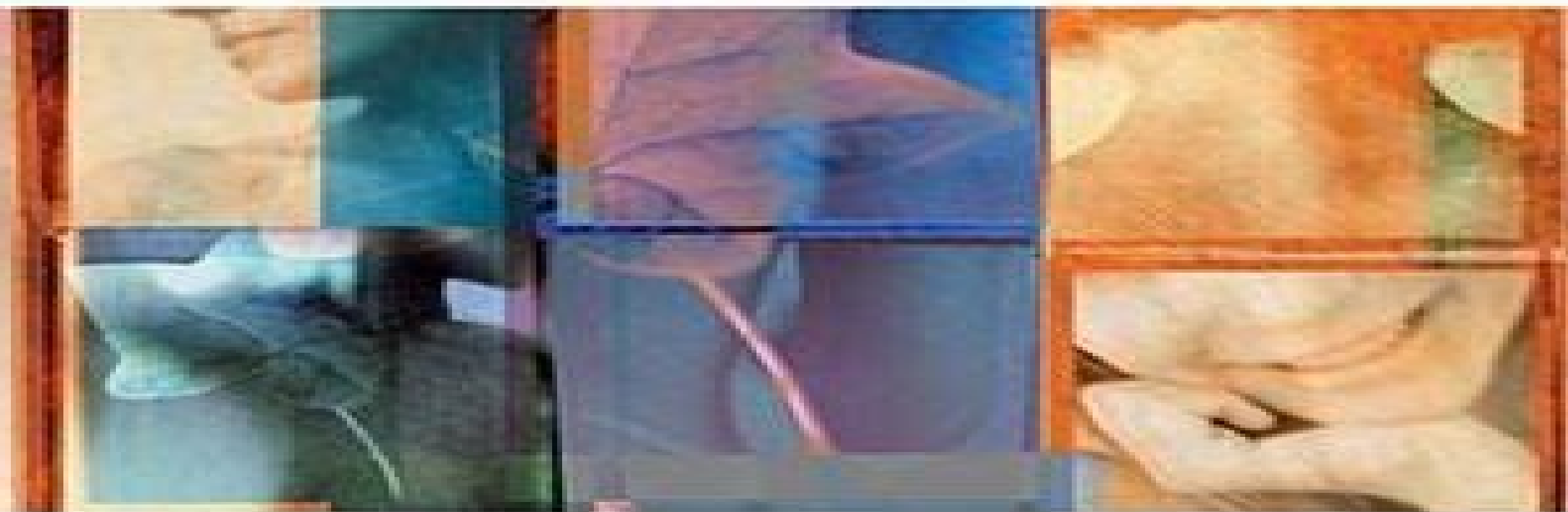


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Peter D. Ladd, AnnMarie Churchill



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Summary of Daniel J. Fox's The Borderline Personality Disorder Workbook Everest

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Borderline personality disorder is a condition that impacts people s lives and can be difficult to understand It is typically diagnosed by a mental health professional and its symptoms can be difficult to understand for those who have it and those who don t 2 BPD is one of ten personality disorders identified in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders It is characterized by a pervasive pattern of instability of interpersonal relationships self image and affects and marked impulsivity beginning by early adulthood 3 The BPD spectrum ranges from mild to extreme If Betty is an example of someone who falls at the extreme end of the spectrum where do you think you fall In the exercise below circle where on the spectrum you think you fall for each BPD criterion 4 After you identify the symptoms that affect you the most you can begin to piece together what influenced your answers and describe it below It may make you feel like you re alone but remember that you re not alone BPD is a disorder that many people experience

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