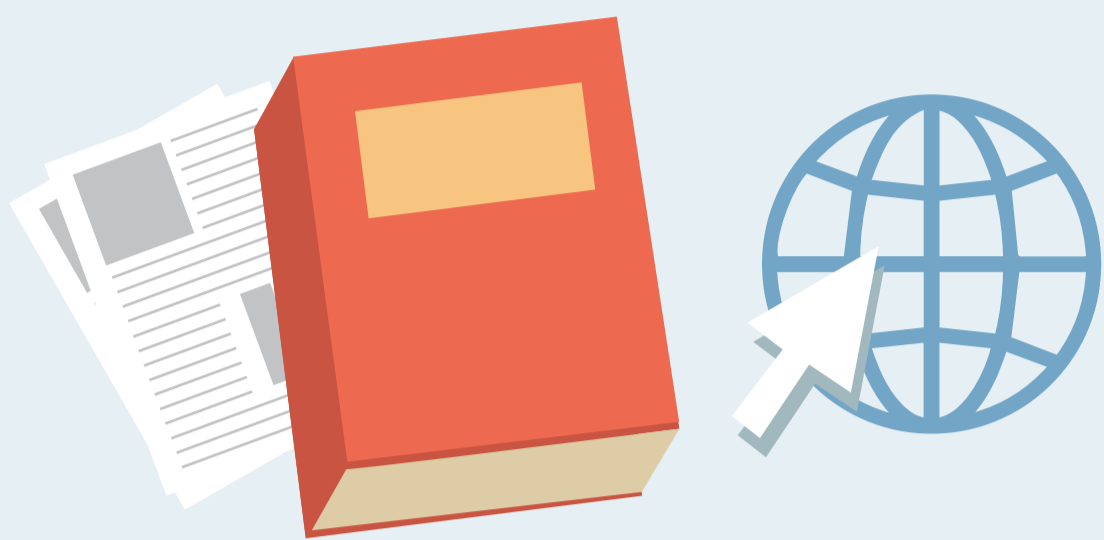


9 STRATEGIES

FOR SUPPORTING SOMEONE WITH BORDERLINE PERSONALITY DISORDER



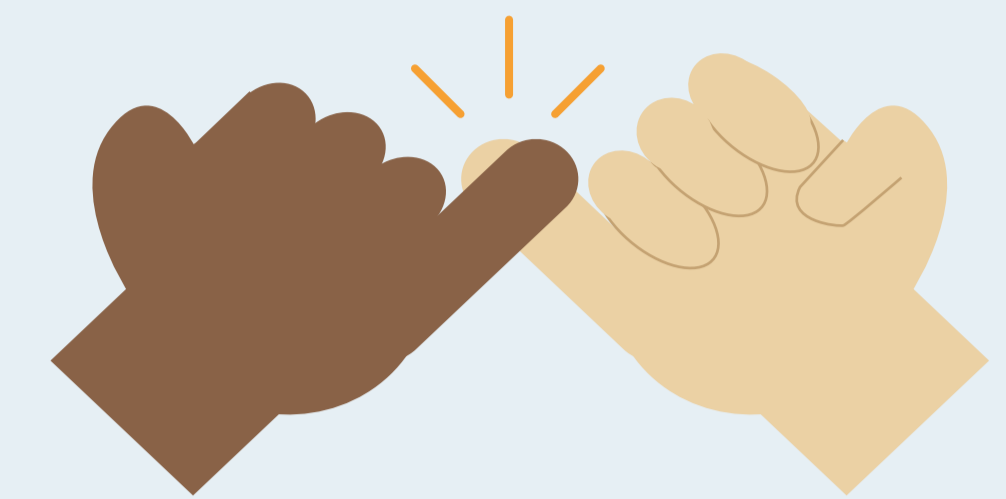
1. LEARN ABOUT BPD

You are more likely to respond to difficult behaviours in a helpful manner when you understand their underlying causes.



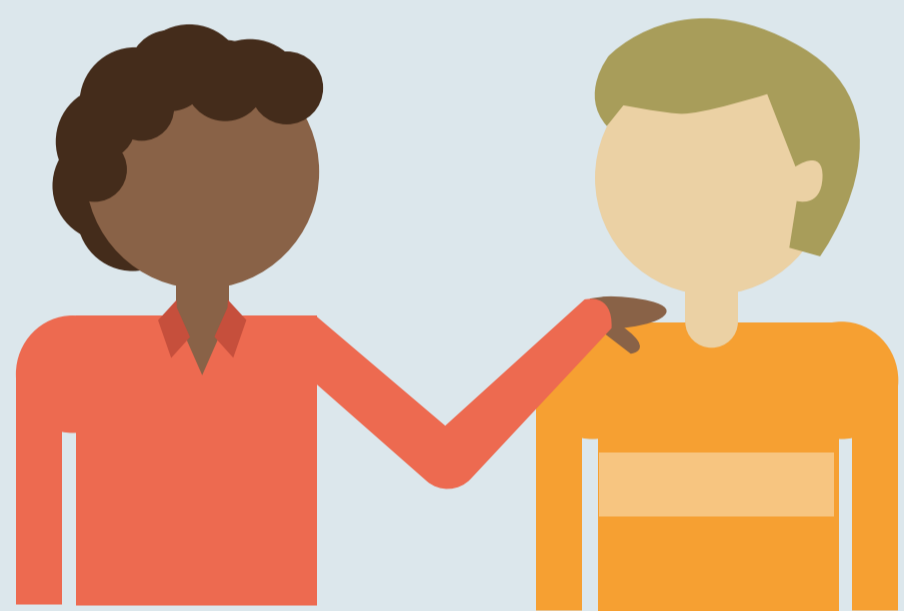
2. SHOW CONFIDENCE AND RESPECT

Let the person with BPD make decisions for themselves. Show confidence in their abilities and ask how you can help.



3. BE TRUSTWORTHY

Be consistent and honest in how you provide support. As much as possible, do what you say you will do.



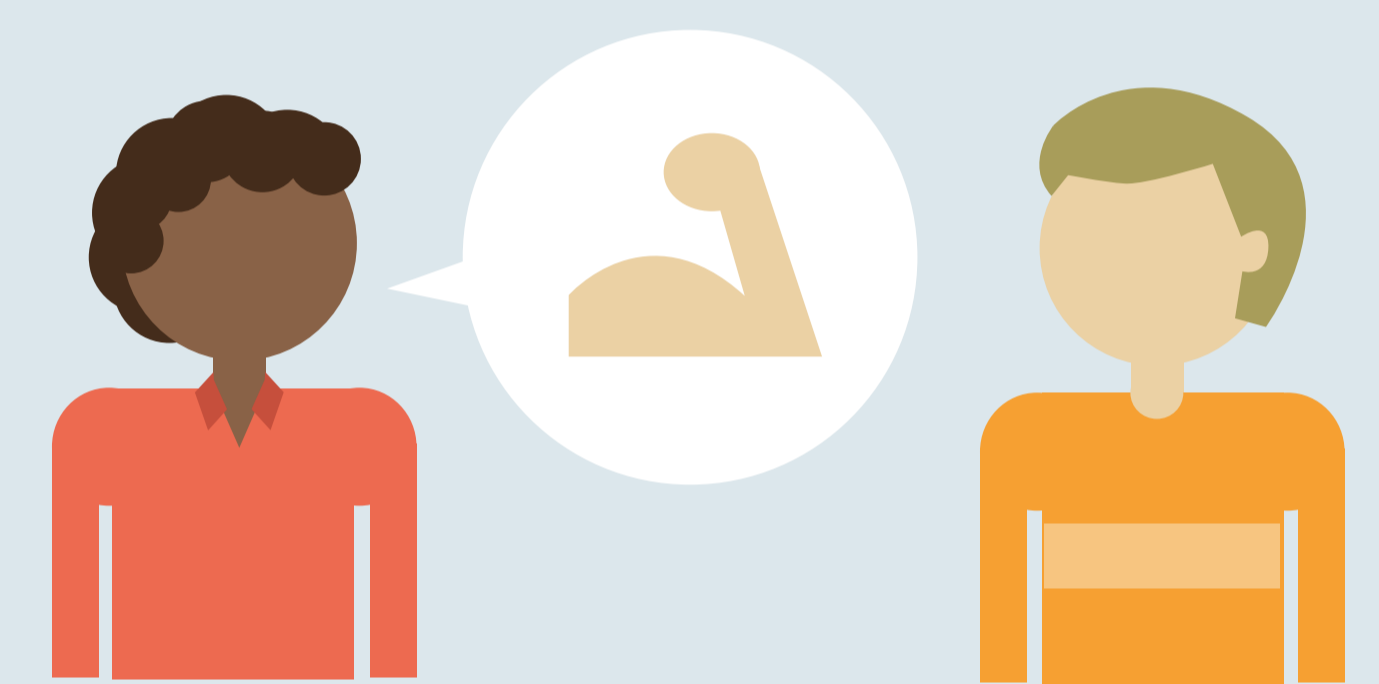
4. MANAGE CONFLICT WITH ATTACHMENT

Supporting someone with BPD through conflict creates a sense of attachment that can heal and create meaningful change.



5. ENCOURAGE PROFESSIONAL HELP

Provide information and help arrange appointments if needed. For people with BPD, knowing help is available can create hope.



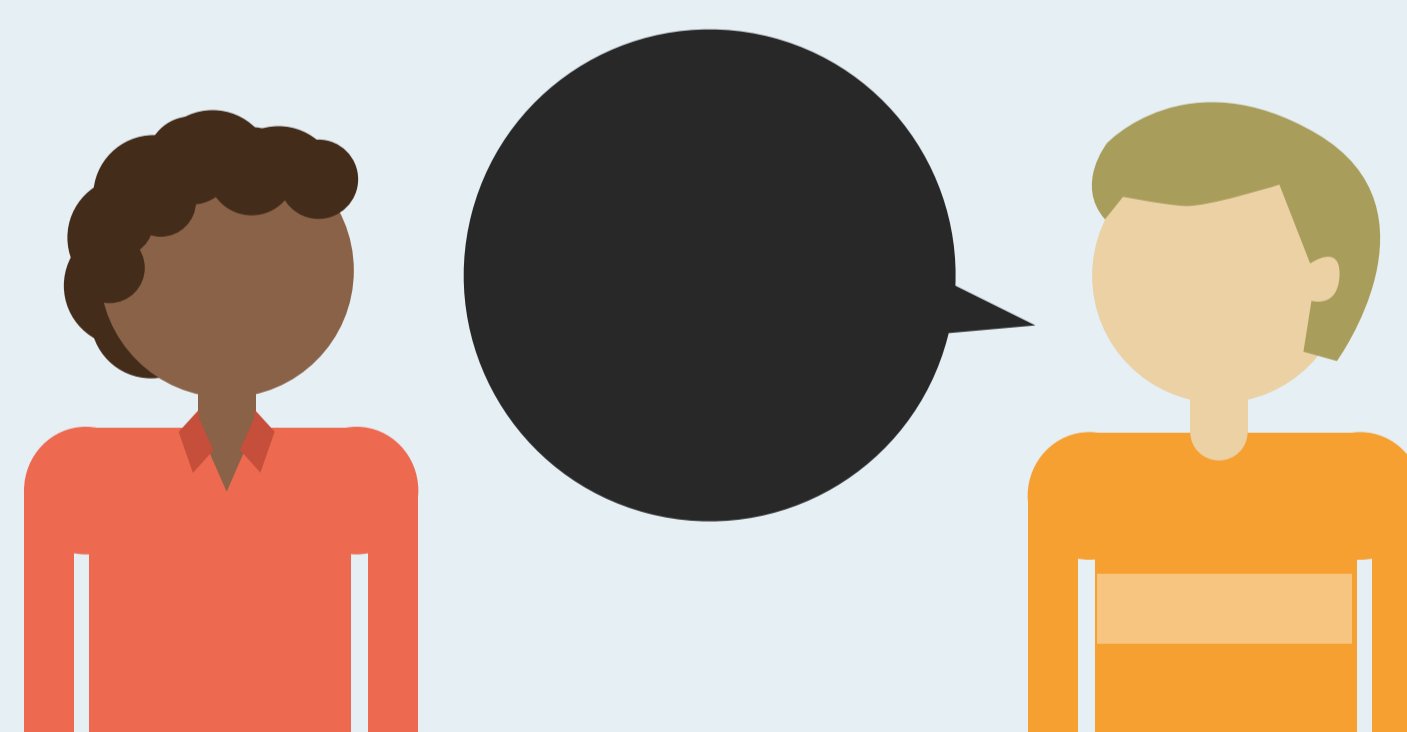
6. IDENTIFY STRENGTHS

You can help by identifying positive characteristics and specific abilities you have noticed in the person with BPD.



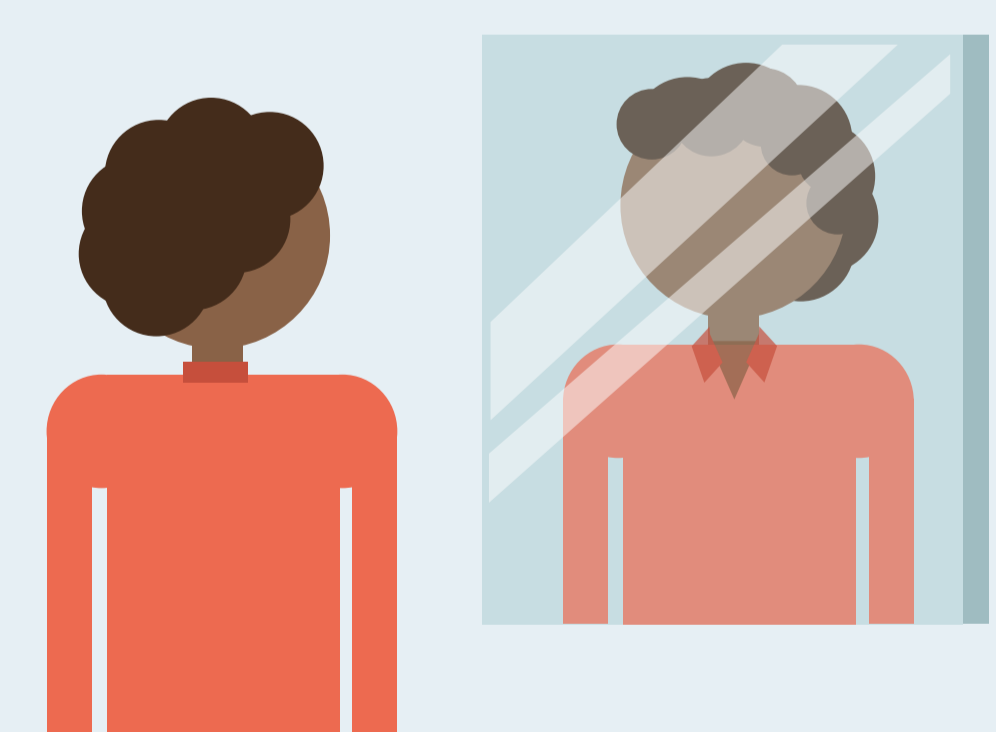
7. HAVE FUN TOGETHER

Doing enjoyable activities together helps create a healthy attachment between you and the person with BPD.



8. TAKE SUICIDE RISK SERIOUSLY

If the person you are supporting is at risk of harming themselves, take what they say seriously and get help.



9. BE SELF-AWARE

Supporting someone with BPD is demanding, so be self-aware and honest when you need time to practice self-care.