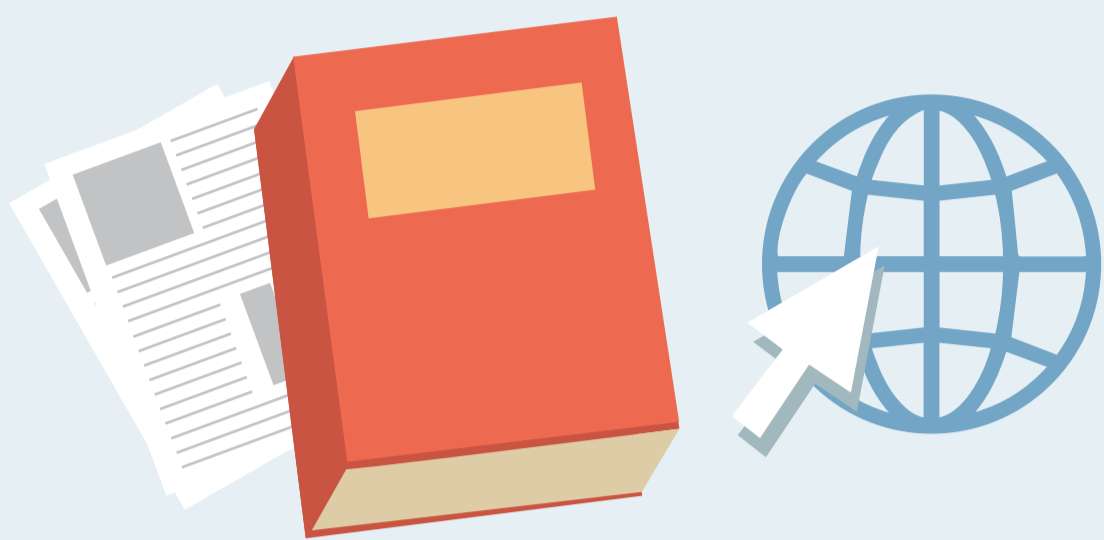


# 9 STRATEGIES

## FOR SUPPORTING SOMEONE WITH BORDERLINE PERSONALITY DISORDER



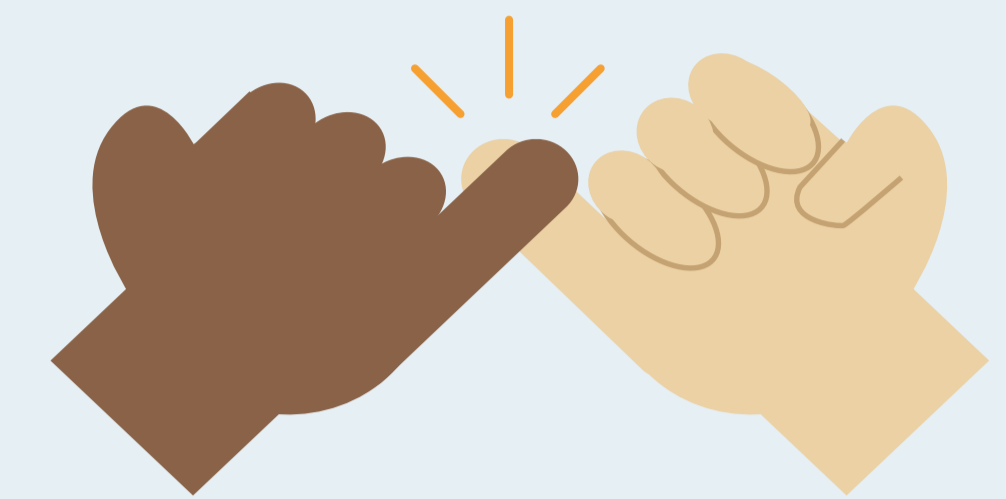
### 1. LEARN ABOUT BPD

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



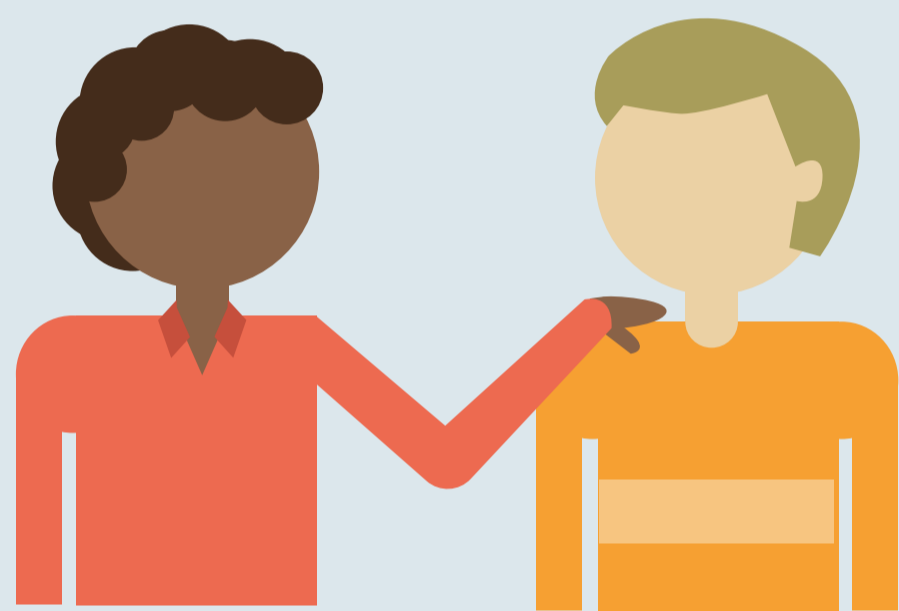
### 2. SHOW CONFIDENCE AND RESPECT

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.



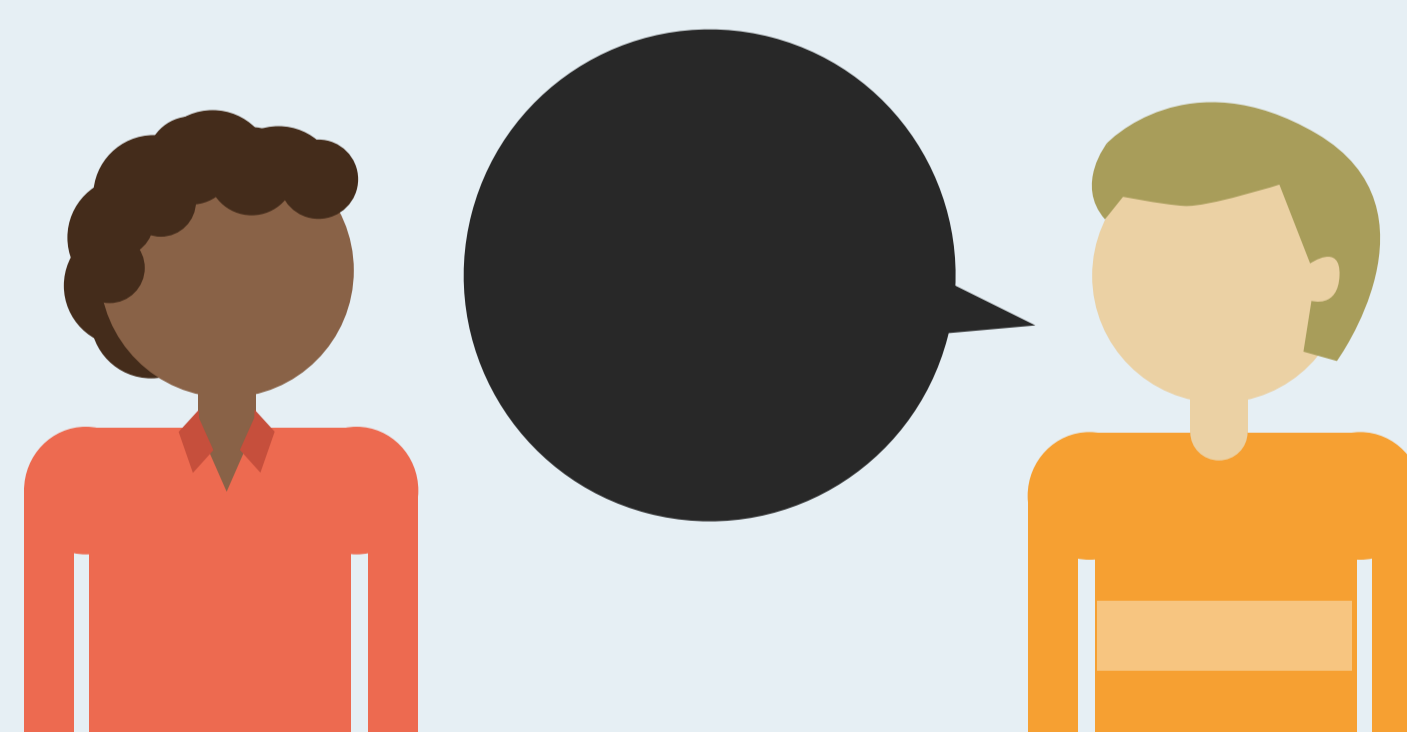
### 6. IDENTIFY STRENGTHS

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



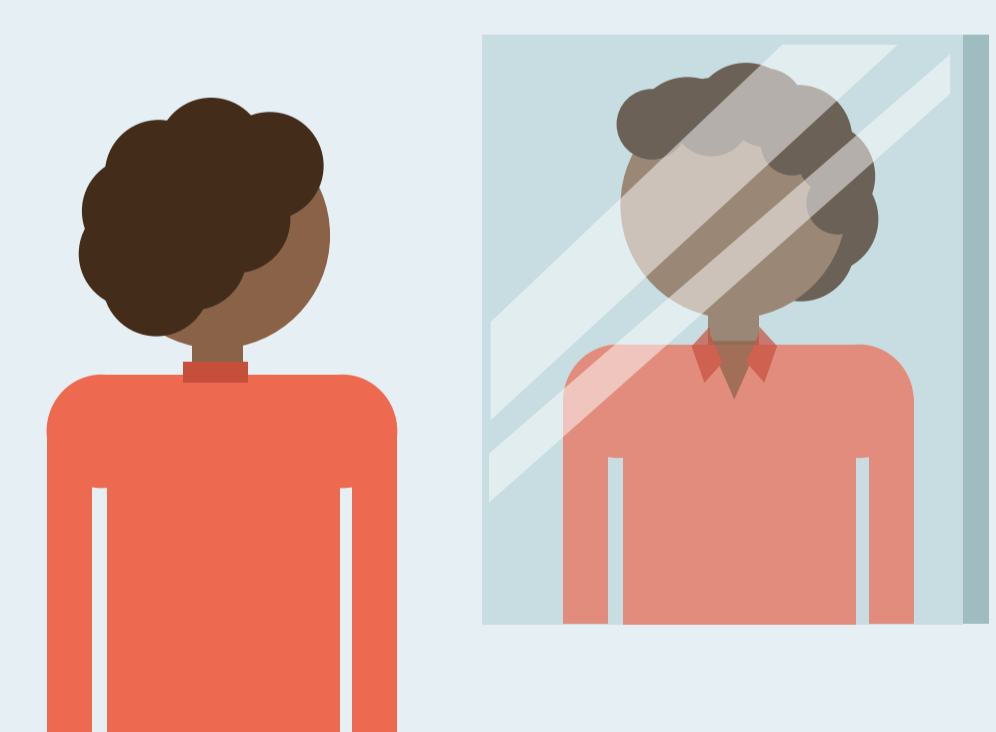
### 7. HAVE FUN TOGETHER

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.