



Borderline Personality Disorder: Don't Hate Me For Being BPD ...Try To Understand Me, Instead

Kay Jay

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(Publisher's Note - You can get this and FOUR OTHER stories written by BPD authors in a combined anthology book called, "Borderline Personality Disorder: Riveting Stories, Suggested Strategies from 5 Women Diagnosed with BPD".

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Borderline Personality Disorder has always been an aspect of my life. It became clear at age 14 because no one wanted to be friends with me due to my not being able to control my emotions.

This disorder has not only affected my life, but also those around me. People have always made fun of me and treated me like an outcast.

Other people in my family have this disorder as well, for instance my mother. It has caused a strained relationship with her and has gotten to the point where we could not live together.

BPD isn't just about multiple personalities (in my case I developed two, I'm not sure if that's typical or not). But it's much more than that. Your emotions and behaviors are no longer in your control, rendering you unable to control how you act, think, or feel (as I detail in the book). For me, personally, even getting and holding a traditional job is impossible, because my disorder simply gets in the way too much. Suicidal thoughts can also factor into a Borderline's life, as well as abandonment issues.

Finally, this disorder makes it hard to develop long-term and short-term relationships because each day creates a different conflict.

Let's just say BPD isn't very fun to live with.

In the pages that follow, you'll see why. But it is my hope that you will also gain a better understanding of what it's like to have BPD.

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