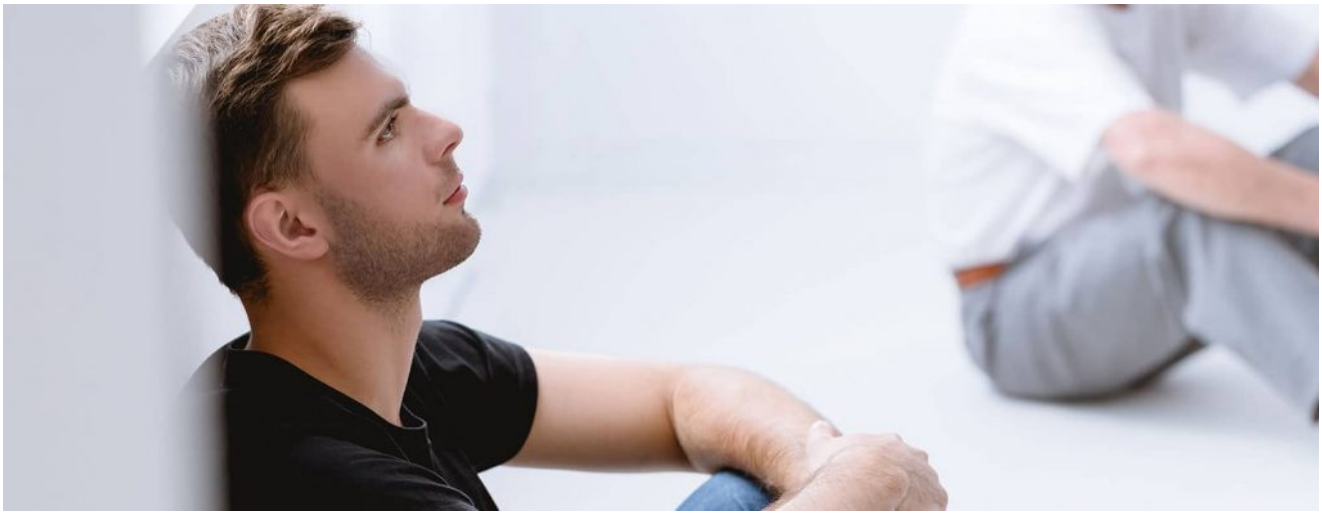
HEALTHY TIPS

5 Alarming Traits of a Person with Borderline Personality Disorder

By bestfolkmedicine · 16/07/2022 · 3 min read



People with BPD are always feeling unstable. Instability is common in different aspects of their lives, including their mood, thinking, attitude, and even identity.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

These individuals feel like they're on a rollercoaster. This isn't only because of their instability in their relationships or feelings, but the sense of who they really are.

Their self-image, goals, and their likes and dislikes change often in ways that aren't clear.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

These people are highly sensitive like they have an exposed nerve ending. In fact, even the smallest things can cause explosive reactions in them. When they're upset, it's not easy to calm down.

In the overwhelmed state, these people can't think clearly and as a result, they say hurtful things or act out. This causes them to be ashamed or feel guilty later.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Although it may seem like a vicious cycle that can't be escaped, it's not. There are helpful coping skills and treatments that allow BPD people to feel better and control their emotions and thoughts.

5 Alarming Sounds of a Person with BPD

This disorder manifests in various ways; however, there are common symptoms that help mental health professionals make a diagnosis.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
For a person to be diagnosed with BPDA, they must show at least five of the nine symptoms.

We'll show the first five.

1. **Fear of being abandoned**

BPD individuals fear being alone. It may just be their partner being late from work or going away during the weekend.

As a result, they tend to go to extremes to keep those people close, including fights, begging, clinging, tracking their movements, or even physical blockage.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
But, this behavior only drives the other person away.

2. **Relationships that are unstable**

People with this disorder have short and intense relationships.

They tend to fall in love fast and believe that every new partner is the one who will make them feel whole.

However, they quickly disappoint and for them, the relationship becomes either ideal or horrible.

There's no middle ground. They rapidly shift from idealizing someone to hating them.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

3. **Blurry self-image**

With BPD, the sense of self isn't stable.

At times, these people feel good about themselves, but in other situations, they see themselves as evil and even hate themselves.

They lack an idea of who they are or what they want in life. So, they will change jobs constantly, as well as friends, partners, religion, goals, and even sexual identity.

4. **Self-destructive behaviors**

These people often behave in a way that they seek sensation, particularly when they're upset.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });
For example, they may impulsively spend money that they can't afford, shoplift, engage in risky sexual behaviors, or overdo it with alcohol and drugs.

Though some of these things may offer instant gratification, they will hurt you and those around you long-term.

5. **Self-harm**

Having suicidal thoughts or hurting themselves is common in BPD individuals.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });
They make suicide-related threats or gestures or actually carry out an attempt at suicide. They may also self-harm by cutting or burning themselves.

Sources:

THE MIND'S JOURNAL

HELP GUIDE

Read online: https://bestfolkmedicine.com/2022/07/5-alarming-traits-of-a-person-with-borderline-personality-disorder/
Downloaded on 21/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.