

BORDERLINE PERSONALITY DISORDER

AWARENESS WEEK



Coordinated by:
Australian BPD
Foundation Limited

**EXPERT
ADVICE**

**SELF
CARE**

**BEING
IN
NATURE**

**ART
MAKING**

**ACCESS
TO SAFE
SERVICES**

**EARLY
SUPPORT**

**ACCURATE
DIAGNOSIS**

**PEER
SUPPORT**

**PEOPLE
WITH BPD
TELL US
WHAT
WORKS**

**DBT
SKILLS**

**SELF
SOOTHING**

PETS

KINDNESS

www.bpdawareness.com.au

what some people think borderline personality disorder means:



- **being irrationally over emotional and manipulative**



what it can actually mean:



- **being highly empathetic**
- **having strong emotional connections**
- **being extremely observant**
- **being beautifully sensitive**
- **being incredibly resourceful and resilient**

BORDERLINE PERSONALITY DISORDER AWARENESS WEEK



Coordinated by:
Australian BPD
Foundation Limited

**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of using
“the borderline”**

**PERSON LIVING WELL
WITH BPD SYMPTOMS**

BPD ADVOCATE

**PERSON
STRUGGLING
WITH BPD**

**PERSON WITH BPD
PERSON WITH A
LIVED EXPERIENCE**

**BPD OF BPD
CONSUMER**

PERSON DIAGNOSED WITH BPD

**PERSON EXPERIENCING
SYMPTOMS OF BPD**

**PERSON
RECOVERED
FROM BPD**

**PERSON
PREVIOUSLY
DIAGNOSED
WITH BPD**

www.bpdawareness.com.au



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“attention seeking”
try using..**

CONNECTION-SEEKING

NEEDING TO BE HEARD

WANTING TO BE

INCLUDED

SEEKING COMPASSION

TRYING TO FIND

BELONGING

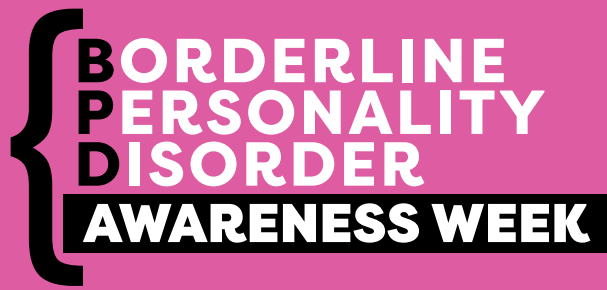
NEEDING EMPATHY

TRYING TO GET THEIR NEEDS MET

SEEKING COMMUNITY

**STRUGGLING TO
COMMUNICATE**

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

Our service is changing the way we talk
about Borderline Personality Disorder.

instead of saying
“defensive”
try using..

PROTECTIVE
TRYING TO SURVIVE SCARED
THREATENED
ANXIOUS
DISTRESSED
FEARFUL EXPOSED
PANICKED
OVERWHELMED

www.bpdawareness.com.au



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“waste of time”
try using..**

**FEELING CONFUSED
AND UNSURE
COMMUNICATION ISSUES
NEEDING TO BUILD TRUST
HAVING DIFFICULTIES
NAVIGATING SYSTEMS
NOT READY TO COMMIT TO
TREATMENT PROGRAMS
UNSURE OF
WHAT THEY
NEED
RELYING ON
COPING
BEHAVIOURS
CONTEMPLATING
SUPPORT CHOICES**



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“too intense”
try using..**

**ENERGETIC
HIGH ENERGY
BOUNDLESS
DEDICATED
FOCUSED PASSIONATE
UNFORGETTABLE
EMOTIONALLY
ENGAGED POWERFUL
ENTHUSIASTIC**

www.bpdawareness.com.au



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“is a nuisance”
try using..**

**HIGH
SERVICE
NEEDS
FREQUENTLY SEEKS CARE
HAS COMPLEX SPECIALISED NEEDS
CURRENT SUPPORT
INADEQUATE
NEEDS
MORE
TIME
NOT GETTING THEIR
CURRENT NEEDS MET
SEEKING
CONNECTION
FEELING
INVALIDATED
AND UNHEARD**

www.bpdawareness.com.au



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“argumentative”
try using..**

**TRYING TO
COMMUNICATE
EFFECTIVELY**
CURIOUS
SEARCHING FOR TRUTH
DRIVEN
CRITICAL THINKER
ADVOCATE
ANALYTICAL
PASSIONATE
CHANGE
MAKER
STRONG
VALUE
SYSTEMS

www.bpdawareness.com.au



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“manipulative”
try using..**

**RESOURCEFUL
PROBLEM SOLVING STRATEGIC
TRYING TO GET
THEIR NEEDS MET
PLANNING EMOTIONALLY
USING INTELLIGENT
COPING BEHAVIOUR TRYING TO
SURVIVE
ABLE TO READ PEOPLE'S EMOTIONS
PROTECTING THEMSELVES**

www.bpdawareness.com.au

BORDERLINE PERSONALITY DISORDER AWARENESS WEEK



Coordinated by:
Australian BPD
Foundation Limited

**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“over sensitive”
try using..**

**GIVING
CARING KIND
GENTLE
CONNECTED
GENEROUS
EMPATHETIC PERCEPTIVE
COMPASSIONATE
THOUGHTFUL
AWARE
INSIGHTFUL**

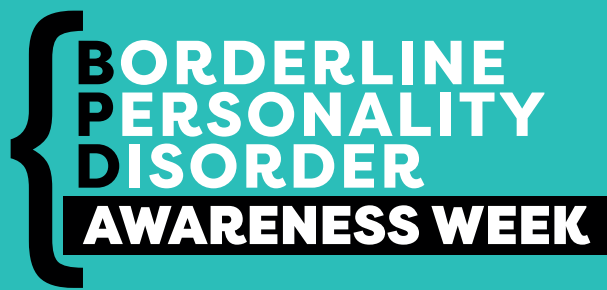
www.bpdawareness.com.au



**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“unstable”
try using..**

**UNABLE TO CONTROL
THEIR EMOTIONS
HIGHLY OVERWHELMED
DISTRESSED UNABLE
TO SELF
FEELING UNSAFE SOOTHE
WITH THEIR EMOTIONS EMOTIONALLY
DISREGULATED
HAVING CHALLENGING EMOTIONS
STRUGGLING TO
TOLERATE DISTRESS**



Coordinated by:
Australian BPD
Foundation Limited

**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“treatment resistant”
try using..**

**NOT CONNECTING
TO TRADITIONAL
PRACTICES**

**NON-MEDICALISED MODELS
OF CARE MAY BE HELPFUL**

**IN NEED OF
SPECIALISED
SUPPORT**

**HAS NOT YET FOUND
WHAT WORKS FOR THEM**

**UNABLE TO FIND SUPPORT
THAT FITS THEIR NEEDS**

www.bpdawareness.com.au

BORDERLINE PERSONALITY DISORDER AWARENESS WEEK



Coordinated by:
Australian BPD
Foundation Limited

**Our service is changing the way we talk
about Borderline Personality Disorder.**

**instead of saying
“chronic relapsing”
try using..**

RESILIENT
LEARNING WHAT WORKS & WHAT DOESN'T
WORKING HARD
DOING HEALING WORK
HAS UPS AND DOWNS
FACING CHALLENGES
FINDING HEALING
RECOVERING
FINDING THE WAY THROUGH
**DOESN'T
GIVE UP**

www.bpdawareness.com.au

**BORDERLINE
PERSONALITY
DISORDER
AWARENESS WEEK**



Coordinated by:
Australian BPD
Foundation Limited



www.bpdawareness.com.au

**BORDERLINE
PERSONALITY
DISORDER
AWARENESS WEEK**



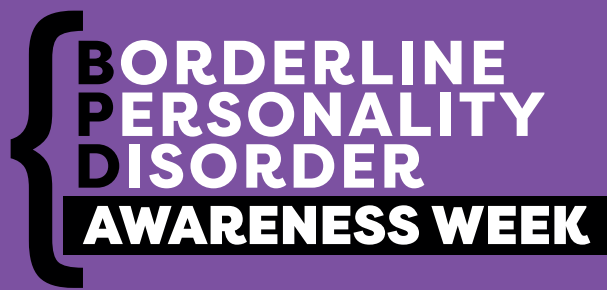
Coordinated by:
Australian BPD
Foundation Limited



BEE KIND TO

YOURSELF

www.bpdawareness.com.au



Coordinated by:
Australian BPD
Foundation Limited

**Our service is changing the way we talk
about Borderline Personality Disorder.**

**WE ARE
MILLIONS OF
BEAUTIFUL
HEARTS**

www.bpdawareness.com.au