

BPD and the brain:

Amygdala



Tells us when to be scared, anxious, shameful or guilty.

- **For those with BPD:** Is smaller, more reactive and can struggle to "check the facts".
- **Needs to:** feel safe and soothed. Loves repetitive movement, activities it finds safe, and familiar quiet spaces.

Precuneus

Part of the system relevant for understanding identity, who and how we are in the world

- **For those with BPD:** might struggle making sense of and letting go of negative experiences and accepting and holding on to positive experiences
- **Needs to:** practice self-kindness, take time to check the facts, use wise mind, balanced thinking and look at how our world shapes our understanding of ourselves



TPJ (Temporo Parietal Junction)



A hub for making sense of the world around us and understanding others

- **For those with BPD:** may increase empathy towards others with similar experiences and decrease connection to those who have different worldviews
- **Needs to:** learn skills to communicate in ways that are diverse, make sense and are related to both facts and emotions.