

**BORDERLINE  
PERSONALITY  
DISORDER** AWARENESS  
WEEK 2020

**FLIPPING THE SCRIPT:  
CHANGING THE NARRATIVE ON BPD**



Coordinated by:  
Australian BPD  
Foundation Limited

**EXPERT  
ADVICE**

**SELF  
CARE**

**BEING  
IN  
NATURE**

**ART  
MAKING**

**ACCESS  
TO SAFE  
SERVICES**

**PEOPLE  
WITH BPD  
TELL US  
WHAT  
WORKS**

**EARLY  
SUPPORT**

**ACCURATE  
DIAGNOSIS**

**PEER  
SUPPORT**

**DBT  
SKILLS**

**SELF  
SOOTHING**

**PETS**

**KINDNESS**

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## 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**

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**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**

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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**

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

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

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**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**

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“too intense”  
try using..**

**ENERGETIC**

**HIGH ENERGY**

**BOUNDLESS**

**DEDICATED**

**FOCUSED** **PASSIONATE**

**UNFORGETTABLE**

**EMOTIONALLY**

**ENGAGED**

**POWERFUL**

**ENTHUSIASTIC**

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

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

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

**TRYING TO  
COMMUNICATE  
EFFECTIVELY**

**CURIOUS**

**SEARCHING FOR TRUTH**

**DRIVEN**

**CRITICAL THINKER**

**ADVOCATE ANALYTICAL**

**PASSIONATE**

**CHANGE STRONG**

**MAKER**

**VALUE  
SYSTEMS**

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

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

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“over sensitive”  
try using..**

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

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“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**

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“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**

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“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**

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**BEE KIND TO**

**YOURSELF**

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**WE ARE  
MILLIONS OF  
BEAUTIFUL  
HEARTS**

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