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EMOTIONALLY UNSTABLE PERSONALITY DISORDER (EUPD)

EUPD is also known as borderline personality disorder or enigmatic personality disorder. It is the most common type of personality disorder where you will experience intense fluctuating emotions. You will have difficulty with returning to your healthy or normal emotional state. You may be triggered by events that seem normal to other people.

EUPD behaviours are:

- Unstable and troubled interpersonal relationships
- Intense relationships
- Impulsive and risky behavior
- Unstable or fragile self-image
- Unstable and intense relationships
- Always on an emotional rollercoaster
- Threats of self-injury or self-harm or suicidal threats
- Fear of being alone or abandoned or rejected
- Feelings of emptiness or lack of self-worth
- Frequent outbursts of anger and difficulty in controlling anger
- Anxiety and paranoia experienced now and then
- Unreasonable emotional reactions and rapidly shifting between different emotional states that are intense.

CAN SELF HANDLE IT?

EUPD cannot be self-handled. It demands professional intervention. The effective therapies are CBT and DBT

WHEN TO SEEK HELP?

When you feel the listed emotional issues that are beyond your control seek the help of a good therapist.

WHAT IS THE DANGER?

If not treated on time it can lead to severe harm to self and others. Long-term EUPD can lead to more complicated mental and physical health issues and interpersonal relationship issues.

The Causes of EUPD:

The causes of EUPD are not clear. It can be neurological, genetic, social, unhealthy nurturing practices and environmental, continuous exposure to exploitation or manipulation.

Your life Your choice!

The information given here can be accepted or rejected as you deem fit. OPA is helpful to those who want to lead a productive and useful life. We welcome your feedback.