

Persistent Feelings Of Emptiness

People with a borderline hermit personality view the world as an inherently dangerous place. They carry around a constant sense of bitterness, which they regularly turn inwards. They are often angry, highly strung and moody and are prone to suicidal thoughts and behaviors. They are prone to take mild criticism very personally and will become aggressive and indignant if anyone suggests they have made a mistake. Unlike many other borderline types, the borderline waif does not exhibit a great deal of aggression or outward hostility. Instead, they appear to be fragile and victimized by all life has thrown at them. Waifs are generally depressed and discontented and worry easily. Borderline waifs believe themselves to be helpless victims and often refuse to accept help in order to keep their 'victim' mentality alive. Someone exhibiting a borderline witch personality can be extremely aggressive and controlling. They seek to punish people for the smallest of indiscretions and are prone to borderline rage, the destruction of objects that are of value to those they believe have wronged them. Borderline witches are adept at black and white thinking, particularly when it comes to their loved ones. Parents with this personality will often idealize one of their children over the rest or seek to play one family member off against another. They are prone to using the thoughts and feelings of those around them a weapon, leading their loved ones to become withdrawn and restrained in their presence. Borderline witches can be extremely paranoid and suspicious, with their hostile behavior masking their own fear of loss of control. They have large amounts of paranoia and suspicion and have trouble trusting those around them. Having a parent with borderline personality disorder may make you more susceptible to the illness. Studies have shown that, in the case of identical twins, when one twin has the disorder, the other has a 2 in 3 chance of developing it as well. Neurotransmitters are chemicals that act as messengers, transmitting signals between the brain cells. A number of environmental factors are also common among sufferers of borderline personality disorder. Many of these stem from our experiences as children, as our childhood plays such an enormous part in the shaping of our adult lives. It is not something that you should attempt to handle without the help of a trained psychologist, or other mental health professional. Do your emotions change very quickly? Do you often experience extreme anger, sadness or distress? Do you often feel empty or unfulfilled? Are you constantly afraid the people I care about will leave me? Does the way you feel about the people in your life tend to fluctuate from one extreme to the other? When you feel insecure in a relationship, do you ever lash out or behave impulsively in a desperate attempt to keep your lover close? If you or your loved one answered yes to several or all of these statements, it may indicate borderline personality disorder. The generally accepted method of diagnosis involves presenting the patient with a list of characteristics and asking them whether they feel such characteristics accurately represents them. By actively involving patients in their own diagnosis this way, sufferers are likely to come to terms with the disorder more quickly. Mental health experts have produced a list of nine symptoms associated with borderline personality disorder. Such an evaluation will also discuss the severity of these symptoms and when they began, along with determining when they may have begun. An assessment may also include physical tests to rule out other triggers of these symptoms, such as thyroid conditions or drug and alcohol abuse. So what if you or a loved one has been diagnosed with borderline personality disorder? What

does this mean for your relationships, and your life in general? But all is not lost. In the following sections, we will take a look at how to cope if borderline personality disorder has become a part of your life. Perhaps this has come as a cruel shock. Or perhaps you may even welcome the diagnosis as an explanation to your previously unexplainable emotional outbursts and mood swings. It feels like a relief to know that this behavior is the cause of an illness, rather than another part of yourself. Regardless of how you feel about your diagnosis, there is no doubt that living with borderline personality disorder can be a hellish experience, both for you and your loved ones. Your tendencies to act out and behave in violent and aggressive mean that both you and your loved ones are prone to being hurt, both physically and mentally. Learning to manage the disorder begins with understanding. By knowing exactly what to expect, you can prepare and develop coping skills to help you weather the emotional storm. As though you have a hard time deciding what you want in life, or even what you like or dislike. Regularly changing plans, hobbies or even jobs as you struggle to identify who you really are. Excessive use of alcohol to help dampen your emotions. Refusing to attempt activities you think you might fail or might otherwise cause you to feel disappointed. Of course, borderline personality disorder also plays a huge role in the way you relate to the people around you. You may feel as though no one understands you and what you are going through. You may believe that people are either completely perfect, or completely bad and hurtful, with no middle ground. Getting extremely frustrated and angry with those around you. Wanting and needing to be close to people, but fearing they will leave you, so avoiding them. Constantly looking for signs within your relationships that signal someone is going to leave you. The constant swings from exhilarating highs to crushing lows can make it feel as though you are trapped on an endless emotional rollercoaster. Many people find their symptoms improve markedly within a few years of their diagnosis. The road ahead is guaranteed not to be an easy one, there is hope.