

RETHINKING BORDERLINE PERSONALITY TRAITS: WHAT ELSE CAN THEY DO?

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[Findings]



Frantic efforts to avoid real or imagined abandonment: Connection-seeking rather than attention-seeking.



Identity disturbance or unstable self-image: Challenging binary Western notions of the "self."



Self-injury & recurrent suicidal behavior, gestures, or threats: Intentional survival rather than manipulation and pathology.



Intense & inappropriate anger: Insights into injustice rather than behaviors to be controlled.

[Conclusion]



Approach borderline experiences with curiosity about what they are doing & teaching us

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Thank you!
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References



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