**A PAUSE, A PRACTICE, A NEXT STEP**

# Borderline Personality Disorder (BPD)

Understanding strong feelings and finding help.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Pause before you respond**

If a message upsets you, try setting your phone down for a minute. Name the feeling and what you want to do. Then ask, “What would I like the other person to understand?”

## 01 / Notice and reflect

When do feelings become hard for me to manage?

## 02 / Notice and reflect

What could give me a moment before I act?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Talk with a clinician if strong emotions or urges often get in the way of your safety, relationships, school, or work. You can start by describing one hard moment. If you may act on thoughts of harming yourself or another person, seek immediate help.

Read more: National Institute of Mental Health · Borderline personality disorder

More tools and immediate support: Our Healing Room / Crisis Support.



U.S. crisis support: call or text 988. In immediate danger, call 911.