Personality Disorders

[Name of the Writer]

[Name of the Institution]

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A borderline personality disorder is often described as a mental health illness that influences an individual by compelling them to change the way they think and feel about themselves. Additionally, how an individual with borderline personality disorder perceives another person is also significantly distorted. As a result, an individual suffering from borderline personality disorder confronts numerous issues in everyday life. The complications include intimate relationships becoming volatile, self-image is deformed, and impulsiveness and extreme emotions reign supreme. Patients suffering from borderline personality disorder require significant and consistent care from their therapists. Palliative and cosmetic measures tend to exacerbate the affliction.

A second-year college student unable to cope with depression, sleeping disorder, and nose diving college grades showed up at the clinic shedding tears and angered at the same moment. The complication of borderline personality disorder has turned her life upside down. Her modeling career was cut short due to this affliction. The relationships she had become meaningless and hollowed. A sad emptiness had grown all over her. The young women sought someone to fill her emptiness. Failing to fulfill her emptiness, the young woman became an alcoholic and drug addict. This addiction negatively molded her perspective on men. She became paranoid about men. With no hope left of a stable life, she became even more depressed. At one point in her life, she decided to take her own life.

With so much anger and frustration in confronting the therapist, the job he did was commendable. When the anger was getting to the therapist, the therapist tried to intervene with a pinch of humor. Additionally, the therapist allowed her to talk for most of the session. This helped the woman by letting her frustration known by communicating.

As a result, the young woman made another appointment with the therapist. A spate of appointments helped her gaining back control of her life. Moreover, she became happier and began to perform remarkably well in college.

 This story tends to show the delicate role of a therapist in easing the suffering of an individual suffering from a borderline personality disorder.