**BPD- Difficult feelings and behaviour towards others**

**How you might think and feel**

that friends or partners will leave you forever if they are angry or upset with you

like no one understands you, or you’re not like other people and will never be able to understand them

that some people are completely perfect and could never do bad things or hurt you, whereas others are completely terrible and could never do anything good or kind, and there's no middle ground (this is sometimes called **splitting**, or black-or-white thinking)

like the world is a scary and dangerous place, and you want to run away and hide

**How you might behave as a result**

lashing out when you’re angry with people

struggling to trust people

wanting to be close to people but worrying they will leave or start to believe you're a bad person, and so avoiding people

ending relationships with friends or partners because you think they might leave you

Mind