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

**How you might think or feel:**

 lonely

 overwhelmed by the strength of your emotions and how quickly they change

that there is something inherently wrong with you, and that it’s your fault if bad things happen to you because you deserve them

that you don't know what you want from life, or what you like or dislike

that you’re a bad person, or not a real person at all

like you are a child in an adult world

**How you might behave as a result:**

frequently changing jobs, hobbies, goals, ambitions or studies

self-harming or attempting suicide

significantly overspending or binge eating, to the point where it is harmful to you

quitting just before achieving something, or avoiding activities where you think you might fail or be disappointed

keeping very busy so you're never alone

Mind