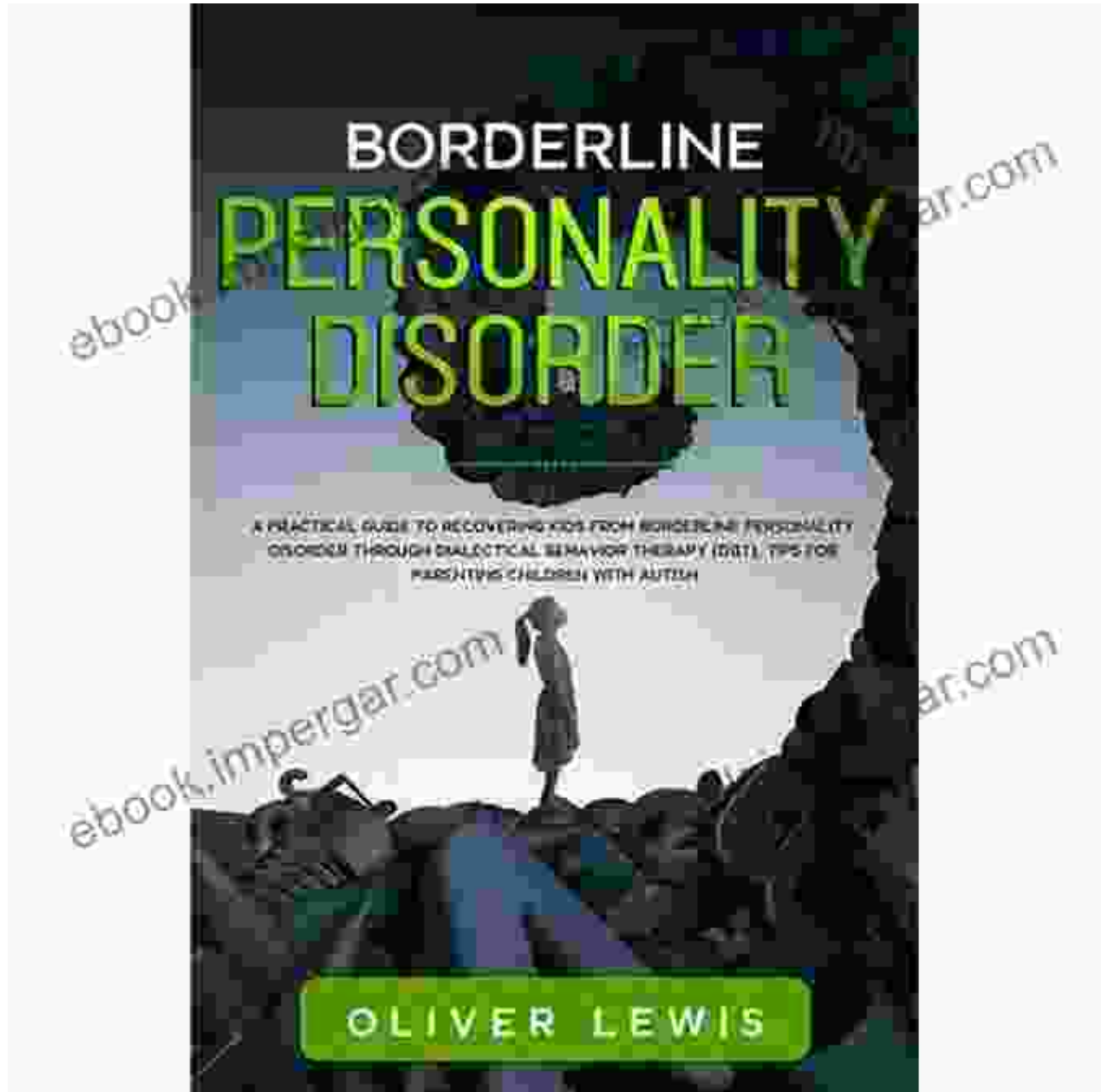
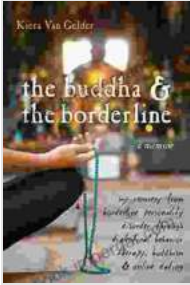


My Recovery From Borderline Personality Disorder Through Dialectical Behavior



The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical



Behavior Therapy, Buddhism, and Online Dating

by Kiera Van Gelder

★★★★☆ 4.6 out of 5

Language : English
File size : 1098 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 266 pages



I was diagnosed with Borderline Personality Disorder (BPD) when I was 22 years old. At the time, I was in a very dark place. I was self-harming, suicidal, and my relationships were a mess. I didn't know how to cope with my emotions, and I felt like I was losing control of my life.

I tried many different types of therapy, but nothing seemed to help. I was starting to lose hope. But then I found Dialectical Behavior Therapy (DBT). DBT is a type of therapy that was specifically designed for people with BPD. It teaches you how to manage your emotions, improve your relationships, and cope with stress.

I started DBT in 2015, and it changed my life. I learned how to identify my triggers, and I developed skills to help me manage my emotions. I also learned how to build healthy relationships, and I started to feel more in control of my life.

It wasn't easy, but I stuck with it. And over time, I started to see real progress. I stopped self-harming, my suicidal thoughts decreased, and my relationships improved. I also started to feel more hopeful about the future.

I'm not cured of BPD, but I'm in recovery. I still have bad days, but I know how to manage them now. I'm grateful for DBT, and I believe that it can help anyone with BPD recover.

If you're struggling with BPD, I encourage you to give DBT a try. It could change your life, just like it did mine.

What is Dialectical Behavior Therapy (DBT)?

DBT is a type of therapy that was developed by Marsha Linehan in the 1980s. It is based on the principles of dialectics, which is a philosophical approach that seeks to find a balance between opposing viewpoints.

DBT teaches you how to manage your emotions, improve your relationships, and cope with stress. It does this by teaching you a set of skills, including:

- Mindfulness
- Emotion regulation
- Interpersonal effectiveness
- Distress tolerance

DBT is typically delivered in a group setting, and it usually lasts for about a year. During this time, you will learn the skills you need to manage your BPD symptoms and rebuild your life.

Is DBT right for me?

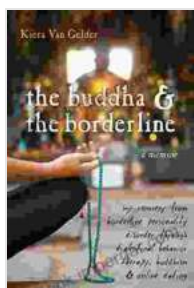
DBT is a good option for people with BPD who are struggling to manage their symptoms. It is also a good option for people who have tried other types of therapy without success.

If you're thinking about trying DBT, it's important to find a therapist who is trained in this type of therapy. You should also be prepared to commit to a year of therapy. DBT is a challenging therapy, but it can be life-changing for people with BPD.

My experience with DBT

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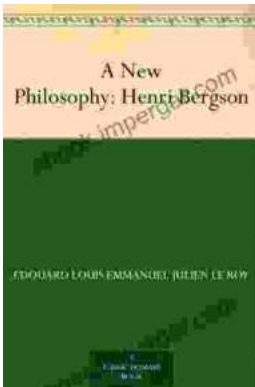
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