

## ***The Myths and The Facts about Borderline Personality Disorder***

### **2020 Video Discussion Guide**

For discussion among community members, classrooms, or between friends and family members after viewing Emotions Matter's 2020 film on stigma and BPD.

1. What have you previously learned about BPD, and how was it similar or different from the video? Did the video challenge any myths you may have previously learned?
2. Have you ever witnessed stigma toward people with BPD in the community, classrooms, media or other contexts? How did or can you effectively address it?
3. The first 2 myths discuss BPD biological factors and the assumption that BPD is not "real." Why do you think there are discrepancies between some beliefs and research about BPD? How do you think those impacted by BPD feel when they sense their condition is not taken seriously?
4. Myth number 3 discusses the severity of BPD, including suicidality, self-harm, and drug abuse. Were you aware of the severity of BPD before watching this video? What could you do if someone you know with BPD might feel suicidal?
5. Myth number 4 states that people with BPD are attention seeking and manipulative. The clinicians address this by explaining that people with BPD are really seeking understanding and support, but they need to learn other ways to express emotional pain. How else can we reframe judgmental perceptions of BPD to be more validating and understanding?
6. There are multiple evidence-based treatments for BPD that the video emphasizes in myth number 5. What are some other ways someone with BPD can be supported (e.g., support groups, activities, or validation)? What roles can families, friends, or the community play?
7. Myth number 6 addresses the belief that it is better not to tell someone they have BPD. Why might some clinicians be reluctant to disclose a BPD diagnosis? Do you think stigma or lack of education plays a role? How would you feel if you found out your doctor

withheld any diagnosis from you?

8. Institutional ableism is a form of discrimination that operates in systems through structures, practices, and unquestioned beliefs. The video discusses some examples of this, such as the false belief that people with BPD are untreatable. How might these practices and beliefs impact the quality of care people with BPD receive or their access to treatment?
9. There were three lived experience speakers in the video who described how they learned to maintain fulfilling relationships, jobs, and an education. Before this video, were you aware that BPD can be effectively treated with the appropriate care and supports? Did any of the narratives strike you the most and why?
10. How will watching this video change some of your ideas about BPD and your behavior? Was there anything that was surprising? Did it inspire you to do anything differently?

This publication is © 2020 Emotions Matter Inc. and may not be reproduced, excerpted or distributed without the express written consent of Emotions Matter Inc. All rights reserved.