

Tips for Family Members

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| <ul style="list-style-type: none">• Set short-term, feasible goals• Keep things cool• Maintain family routines• Schedule times to talk• Don't get defensive• Maintain concern about self-harming thoughts and behaviors but don't panic | <ul style="list-style-type: none">• Involve the patient with BPD in identifying what needs to be done• Make sure all family members are on the same page• Express your expectations in simple, clear language• Don't protect the patient with BPD from the consequences of their actions• Set limits but be cautious about ultimatums• Don't tolerate abusive treatment |
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Adapted from: <https://dev.borderlinepersonalitydisorder.org/wp-content/uploads/2011/08/Family-Guidelines-standard.pdf>

From the Expert Q&A:

“Borderline Personality Disorder in the ED”
with **Victor Hong, MD**

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