

A combination of common symptoms, added to symptoms taken from the Diagnostic and Statistical Manual for Emotionally Unstable Personality Disorder. This includes however, the positive traits on the continuum each characteristic.

NEGATIVE (UNDER STRESS/ SHADOW)	POSITIVE (LIGHT/ RESOURCED)
Chronic feelings of emptiness	Innate access to wrestle with existential issues including the nature of relationships, the meaning of life and our purpose in it. A strong desire to lead a fervently loving and fulfilling life
Feeling the need for others to fill us up and make us whole	Recognition of the deep healing aspects of being in a committed relationship
Frantic efforts to avoid real or imagined abandonment	Developed attunement to the level of connection in relationships. Detailed insight into aspects of development in relationships and a willingness to be highly invested in making the relationship work
Belief that a sense of self-hatred is deserved	Capacity to reflect upon negative aspects of self which is vital for development
Pervasive sense of failure / not being good enough	High personal standards lead to high standards of outcomes
Seeing things as either all good or all bad, 100% right or 100% wrong, or in absolute terms (everyone is...; it's always/ never x)	Capability to explore both extremes of a situation which is enhanced by integration of both aspects being true at the same time
Persistent fears that one cannot be loved or accepted	Demonstrative of love and care for others
Reactive to things others might perceive as small or slight often leading to intense guilt and self-hatred	Extremely perceptive of the deeper meanings behind communications and interactions
Sometimes unstable or intense interpersonal relationships with quick depth of love and appreciation but also a speedy depreciation, deeply feeling let down, that one cannot rely on the other, often leading to complete withdrawal from that person	To be fully present in relationships with profound expression of love, and also a brutally honest expression of the negative sides that impact upon the health and vitality of the relationship. To see and appreciate the most positive and negative qualities in others
Identity disturbance: persistent and markedly disturbed, distorted, or unstable self-image or sense of self	Willingness to question who we are and move into the unknown of ourselves, which helps to reach outside the limitations of self-identity
Thoughts about being too much or too intense for others to handle, and therefore not normal / Something being wrong with us as a person or in the way we experience emotions	Emotionally expansive and expressive; being ok to not be normal; to be damaged and still yet ok; allowing others to also not be normal or damaged
Rigid rules upon others for caring "if they really cared about me then they'd do X"	Leads to enhanced levels of consideration and care for the wellbeing of others

NEGATIVE (UNDER STRESS/ SHADOW)	POSITIVE (LIGHT/ RESOURCED)
Anxiety and or mood swings	Being highly in tune with one’s emotional landscape and therefore able to express and process them
Inappropriate, intense anger or lack of control of anger (e.g., frequent displays of temper, blame, constant anger, recurrent physical fights)	Attunement to one’s own rules and boundaries, allowing expression of where they have been crossed. Able to push beyond restrictive social boundaries and express one’s self powerfully, honestly & with integrity. Being a creative, lively, busy, & engaging individual. Shows great initiative. Can influence others to action
The sense that others walk on eggshells around us	Let’s others know one’s vulnerability, and when they need to be mindful of how they act towards us
Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating)	Tendency to be courageous, uninhibited, spontaneous, fun loving, and undaunted by risk
Recurrent suicidal behavior, gestures, or threats, or self-harming behaviors (e.g., spending, sex, substance abuse, reckless driving, binge eating)	Will take risks, which is a vital aspect to succeeding in the world. Able to signal the depths of emotional experience to others, and where necessary, take drastic measures to deal with difficult feelings
Repetitive presentation at services with complex concerns but lack of appropriate service provision	Seeking the most appropriate level of support (understandably creating frustration when services are not aligned to one’s needs)
Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)	High emotional intelligence with an authentic, wide ranging emotional expression that helps others learn and allows them to be who they are by acknowledging their own emotions
Transient, stress-related paranoid ideation / Severe dissociative symptoms	Mindful of how others may think about us / Facility to tolerate high level stress & trauma