

What does the diagnosis mean to me?

The diagnostic system is developed for professionals to ensure that treatment is as effective as possible. A diagnosis gives a name to a group of symptoms. In addition, the diagnosis contains an understanding of the causes of the problem or illness and provides some information about the future: what kind of features or trajectories are associated with the diagnosis and what kind of effects can it have on life. Getting a diagnosis can be scary, relieving, and anything in between.

There are many prejudices and false assumptions about mental health issues and especially personality disorders and their implications. Many people find the diagnosis stigmatizing and they can affect the way one sees oneself or one's functional ability. Sometimes people with diagnosed personality disorders label themselves in very harmful ways and the symptoms may become a part of their self-image. Then, the diagnosis may turn into a limiting factor in life.

At best, however, a diagnosis leads to increased understanding of oneself, and the factors influencing one's behavior and helps in getting the right kind of treatment.

What did you first think about your diagnosis? What do you think about it now?

Did the diagnosis change the way you see yourself? How?



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Has the diagnosis influenced the way your loved ones see you? How?

Has the diagnosis influenced your life somehow?

Do you, or did you, have some kind of assumptions or beliefs about BPD and the diagnosis?



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