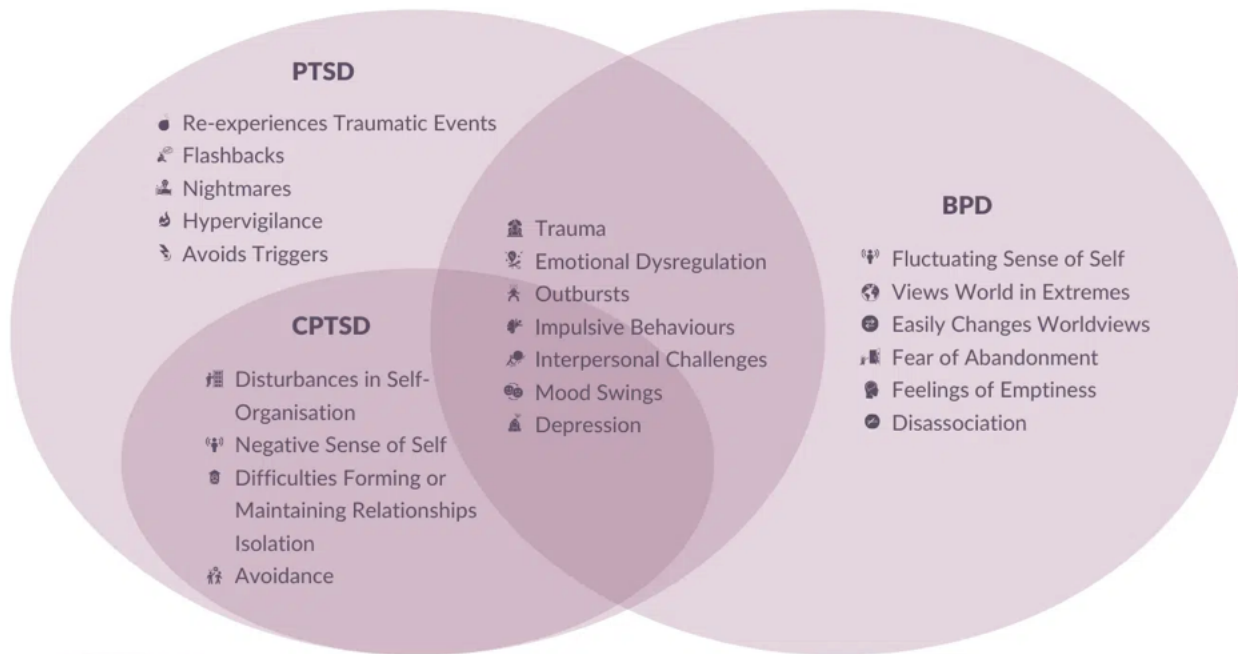


PTSD vs BPD vs CPTSD



WHAT IS PTSD?

PTSD stands for [post-traumatic stress disorder](#). It describes a condition where your brain struggles to recover after a scary or painful situation. You may experience flashbacks, have trouble sleeping, or feel constantly anxious even though the situation has long passed. Common causes of PTSD include car accidents, negative military events, or an assault.

WHAT IS CPTSD?

The [INTERNATIONAL CLASSIFICATION OF DISEASES 11TH REVISION \(ICD-11\)](#) recognises Complex PTSD (or CPTSD) as a condition that goes beyond PTSD. PTSD typically arises from a single traumatic event; however, CPTSD generally stems from long-term, repeated trauma (often in childhood or involving interpersonal abuse).

Moreover, while PTSD centres on re-experiencing trauma, avoidance, and a heightened threat response, CPTSD adds layers of disturbances in self-organisation (DOS): problems

regulating emotions, a negative sense of self, and profound difficulties in forming or maintaining relationships.

WHAT IS BPD?

BPD stands for borderline personality disorder. It affects how you think about yourself and other people. You may feel strong emotions during seemingly normal situations, and you will likely struggle to maintain close relationships. You might also act impulsively or feel unsure about who you are. If you have BPD, you could also fluctuate between having an extremely negative and then positive self-image.