It is best to introduce The BPD tool to your client once you have formed a good therapeutic relationship and you have a working formulation and treatment plan. It IS NOT a self help booklet just to be given to the client with no explanation. It is a tool that the client and clinician can use together to gain greater understanding and insight. You can base your therapy sessions around it and obtain an idiosyncratic measure of their presentation using the pictures.

Work through each page slowly with the client, asking them for their ideas and input. It can be used as flexibly, creatively and individually as you like! Encourage the client to write or draw in their own booklet (or separately about aspects of it) to make it as personal and meaningful for them as possible. Some suggestions:

**Introducing ME:**
- “Does any of this seem like you?”
- “Tell me more about that.”
- “How else do you see it?”
- “Does it feel right?”
- “Give me some examples.”
- Be interested! Be curious!

**Introducing DOOM and GLOOM:**
- “What experiences have you had of the world and other people?”

**Introducing ROCK:**
- “How might it be possible to cling to the rock less?”
- “Does it help to know that the rock is there?”

**Introducing LIFEJACKET:**
Focus on the strategies the client has learned that have been most helpful. Pick two or three and continue to practise them until they become automatic.

**Introducing WEIGHT:**
- Explore these in more detail.
- “What keeps you down?”
- “What might you consider changing or doing differently?”
- Consider ways to help them express themselves e.g. drawing, writing, painting, or role play.

**Introducing SUN:**
Talk about what makes a day sunny and good for them, what good periods they have had in their lives, use “What, where, when, what, how?” to explore and clarify more.

**Introducing STORM:**
Talk about what makes a day stormy and bad for them, what difficult periods they have had in their lives, and how they have overcome them. Use “What, where, when, what, how?” to explore and clarify more.

**Introducing SAILING:**
- “What do you notice other people doing?”
- “What would need to change so that you can feel that you are sailing too?”
- “What might you consider changing or doing differently?”

Use the picture series (1-7) to get a sense of where the client is NOW, illustrating the concept of wise mind, being aware that one is in a situation for which the use of skills could prove useful. The pictures are deliberately not numbered so the client can look at them and make a judgement.

Other suggestions:
- “Would it help you to talk to your family about yourself using this booklet as a guide?”
- “How might you make this tool/booklet more personal to you?”

PURCHASE THE BPD TOOL: [www.bpdtool.co.uk](http://www.bpdtool.co.uk)