

## Few Phrases to avoid in Speech with BPD Patient

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### INTRODUCTION

A person with bipolar disorder (BPD) goes through various ups and downs in a day. Out of frustration sometimes after having a look at the activities we end up saying wrong and later we may find ourselves guilty of saying that. Though we may have good intentions but not realize at the moment how these words can be received by the one with illness (BPD). Below in the article it reflects few phrases which should not be used with the one living with bipolar disorder as hearing to such phrases can be painful, depressing, infuriating, and even in some cases destructive to a family member, relative, friend, colleague, or acquaintance suffering from BPD. The phrases are listed below:

#### "You're Just Overreacting Again"

Listening to harsh words can be painful to anyone, either suffering from illness or not. Overreacting is one of the symptoms of bipolar disorder. Even a sad movie can trigger a person with bipolar disorder to overreact. But at that moment the person is not just overreacting and also cannot be easily calmed by taking a deep breath to stop it.

#### "Anything That Doesn't Kill You Makes You Stronger"

A person with BPD experiences various difficulties; one should understand their difficulty and should try to make them come out of it strongly. The phrase-bipolar disorder can kill, is completely wrong, people can easily overcome BPD. It's very common among 25% to 60% of people with bipolar disorder attempt suicide and among them 4% to 16% actually dies from suicide. We should be alert for the one with BPD, as anytime they might go into a crisis so, we should not leave them alone.

#### "Everybody Has Mood Swings Sometimes"

Mood Swings are a common part we experiences during our lifetime and that's true. It is so common even among the people who do not have any diagnosable disorder has mood swings, But the ones with BPD, cyclothymia, schizoaffective disorder, and other mental illnesses faces repeated and severe mood swings between mania or hypomania and depression.

#### "You Are Psycho"

Nuts, crazy, cuckoo, etc. are some negative words and phrases which we use in our daily life to address our friends and closed ones. These words/phrases are insensitive to those with no diagnosable disorders. But may be very hurtful to those who is coping with a disorder.

#### "You're acting like a Maniac"

A person during maniac episodes are usually portrayed as violent and deranged. But one experiencing bipolar mania does not automatically mean that a person will be harmful or dangerous. Bipolar mania cannot be considered similar to antisocial personality disorder and/or being psychopathic.

#### "But You Seem So Normal"

Saying this to someone could be quite offensive as a person with BPD is always between cycles, or person may be good at hiding feeling or gestures. The person may face hypomanic episode as per which only good things about it are visible at the moment. For example if you have a serious illness like cancer and someone said, "You can't be sick, you look so normal!" this would be truly offend you at that moment.

#### "It Must Be Your Time of the Month"

In females it's a true fact that monthly hormonal changes may lead to several mood swings, but simply passing off BPD as being nothing more than PMS is not justified. At this statement anyone is liable to take offense, either it is the person with BPD or not.

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Received: 03-Feb-2022, Manuscript No. JBD-22-18627; Editor assigned: 08-Feb-2022 Manuscript No. JBD-22-18627 (PQ); Reviewed: 22-Feb-2022 Manuscript No. JBD-22-18627; Revised: 25-Feb-2022 Manuscript No. JBD-22-18627 (R); Published: 4-Mar-2022, DOI: 10.35248/2469-9837.22.8.172.

Citation: Kabeer MA (2022) Few Phrases to be avoid in Speech with BPD Patient. Bipolar Disord 8:172.

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