

You may feel anxious and distressed a lot of the time and have problems with self-image (how you see yourself) and your identity. You may self-harm or use drugs and alcohol to cope with these feelings. This can affect the relationships you have with other people.

Some of the Characteristics of EID are:

- You often feel empty inside? Highly self-critical?
- Unsure of where you are going in life? Do your life goals and plans change all the time? Not sure who you are?
- Easily take offence? Do others say you are 'hypersensitive'? Do others say you hurt their feelings too?
- Have trouble trusting people? Scared of being abandoned? Switch from thinking someone is amazing to feeling they are doing you wrong?
- Does your mood swing from happy to upset and back again? You worry a lot about what people think of you?
- Feel miserable, hopeless, ashamed. Sometimes you may even feel suicidal?

You act without thinking? This sometimes ends up with you harming yourself?

You take risks, without thinking about what might happen?

You often find yourself feeling angry with other people, and feel that they are upsetting you?