



## Her

By Felicia Johnson

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### **Her** By Felicia Johnson

In many ways, Kristen Elliott is a normal, seventeen-year-old girl. Kristen loves her family. She works hard academically, and tries to please her mother. She takes on the additional responsibility of caring for her twin siblings, Nick and Alison. She idealizes her best friend, Lexus, who not only seems to lead the perfect life, but also catches the attention of John, the boy Kristen secretly loves. However, as is the case with many teenagers, Kristen feels frustrated, isolated, and confused. In other ways, Kristen is not like other kids her age. She knows something is wrong with her. Kristen feels like an utter failure. She is unable to please her abrasive mother, and scared to confront Jack, her abusive stepfather. She is also unable to protect Nick from Jack, making her feel all the more helpless. Adding to her problems, she knows she will never be as beautiful as her best friend Lexus. Kristen finds solace in self-injury, and the company of Mr. Sharp, her imaginary friend who encourages her feelings of self-loathing. After a failed suicide attempt, Kristen is placed in the Bent Creek mental hospital, where she is diagnosed with Borderline Personality Disorder. While in the hospital, she meets a group of peers suffering with their own mental illnesses, and a compassionate staff of doctors and counselors. From there, Kristen begins her journey to survival. She discovers the circumstances that brought her to this breaking point, struggles to understand her mental illness, and fights to be a survivor against her own worst enemy: her self-blame. Kristen's tale of endurance illustrates the complex illness of Borderline Personality Disorder. Readers – including those suffering from BPD and their friends and family – can glean insight into BPD from Kristen's humanity. Her story is an example of how, if we try to push the past away, we are either doomed to repeat it or let it haunt us to our graves.

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