

## FAIRBORN

# First-person author and advocate

Fairborn resident writes about her borderline personality disorder.

By Erica Harrah  
Contributing Writer

FAIRBORN — “Born Under the Gaslight: A Memoir of My Descent Into Borderline Personality Disorder” is the first book by Fairborn native and resident Cindy Collins. It tells the story of how the trauma of emotional and sexual abuse in her childhood, led to a lifelong battle with borderline personality disorder (BPD).

Collins said that one of the major reasons she chose to write this book was that most of what she had read on BPD was written from the perspective of people who did not have BPD. It was her hope that by taking readers through her personal journey, that she might inspire hope in those who have suffered through childhood trauma and BPD and empathy in those who may not understand their struggle.

Collins said that people with BPD can among other symptoms experience “intense, tsunami level mood swings” and difficulty in relationships, anxiety or depression can go on for several days due to the lack of impulse control receptors in their brains.

Unfortunately, there are no medical treatments for BPD, but she noted that dialectical behavioral therapy (DBT), which teaches skills to manage painful emotions and decrease conflict in relationships, is currently the gold standard for treatment.

“Prior to my diagnosis, I was living homeless, dealing drugs and street racing for cash. I hit rock bottom and looked for help processing my trauma. No local therapist at the time was trained in DBT. I chewed my way through multiple therapists finding no relief. They gave me my diagnosis but informed me that my life was as good as it could be. It wasn’t until many years later that I was able to find a therapist trained and willing to help me,” Collins said.

She said that although she has made great strides since her diag-



Fairborn author Cindy Collins recently published her first book, which recounts her childhood trauma and battle with borderline personality disorder. CONTRIBUTED PHOTOS

nosis and finally receiving the therapy she needed, it wasn’t easy. She said that she had no support system when facing her own childhood trauma and the chaotic results of the symptoms of her mental illness, combined with the negative societal stigmas made the journey a difficult one. This was another reason that she felt compelled to tell her story.

“I think it is always important to stand up to those that have abused you and tell your story. Above all, I want them (victims of abuse) to take away hope. You can have a meaningful life despite being diagnosed with BPD.”

She also stressed how important it is to be vigilant if you are an adult who has frequent interactions with children. “Abuse doesn’t always wear the face that you expect. Sometimes, it’s hidden right in plain sight,”

Collins said.

She went on to say that the signs can be as obvious as fear of adult interaction, lack of adult supervision, caregivers who insult the children in their care labeling them as the liar, or the manipulator and signs of physical abuse. But they can also be subtle such as that kid who is always over for dinner and never seems to go home.

Collins said that one of the best ways to detect child abuse is to have a healthy relationship with your child. “Kids know which of their friends are struggling but are unsure of how to help. Talking with your kids about ways to spot abuse and ways to help is highly effective,” Collins said.

Collins said she is both happy and surprised by the success of her first book. She said it was released at the beginning of the COVID-19 lockdown and



“Born Under the Gaslight: A Memoir of My Descent Into Borderline Personality Disorder” by Fairborn author Cindy Collins hit No. 1 bestseller in personality disorders on Amazon in the U.S., UK and Germany.

**‘Prior to my diagnosis, I was living homeless, dealing drugs and street racing for cash. I hit rock bottom and looked for help processing my trauma.’**

Cindy Collins  
Author of “Born Under the Gaslight: A Memoir of My Descent into Borderline Personality Disorder”

#### LEARN MORE

**Online:** You can learn more about Cindy Collins and her book by visiting her website <https://cindycollinsauthor.com/>.

has achieved No. 1 bestseller in personality disorders on Amazon in the U.S., UK and Germany.

As for the future, Collins said she plans to publish a second book in 2021 and has also started writing articles on mental health struggles and child abuse for Swaay.com.

Contact contributing writer Erica Harrah by emailing [ericaharrah@woh.rr.com](mailto:ericaharrah@woh.rr.com).