



recovery.

## Salvation

Annie Bao

Stamford, Connecticut

As someone who has struggled with Borderline Personality Disorder for more than two decades, I do not exaggerate when I say that I was saved by Dialectical Behavioral Therapy (DBT). In the most defining ways, DBT is my savior and my religion. The hope and solace DBT has brought me bring to mind one word loud and clear: *Salvation*. Not only is this piece a very raw and vulnerable expression of my struggles with BPD, it is a statement of affirmation about the effectiveness of DBT as a treatment which could aid others in their