



Borderline Personality Disorder: A Case Study of Alice Klieg

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Welcome To Me

► Shira Piven's *Welcome to Me* (2014) is a darkly comedic exploration of mental illness, media culture, and the unpredictable consequences of sudden wealth. The film centers on Alice Klieg (Kristen Wiig), a woman living with Borderline Personality Disorder (BPD), who finds her life irrevocably altered after winning an \$86 million lottery jackpot. Though Alice has managed her condition with medication and therapy, her past is marked by emotional turmoil, a failed marriage, and tense family dynamics. Her coping mechanisms — a rigid daily routine, a high-protein diet, and a near-religious devotion to reruns of *The Oprah Winfrey Show* — reveal a life held together by structure, repetition, and fantasy

Introduction to Alice Klieg

- 30-something woman
- Lives alone with minimal social support
- Wins the lottery and launches a personal talk show
- Displays intense emotions, impulsivity, and unstable relationships



What is Borderline Personality Disorder (BPD)?

Mental health disorder marked by instability in moods, behavior, self-image, and functioning

Affects approximately 1.6% of adults

Key feature: Emotional dysregulation





Key Symptoms of BPD

Fear of abandonment

Unstable interpersonal relationships

Unclear or shifting self-image

Impulsivity

Intense emotional swings

Chronic feelings of emptiness

Inappropriate, intense anger

Dissociation or paranoia when stressed

Alice Klieg's Symptoms



IMPULSIVITY: ABRUPTLY QUITTING
MEDICATION, IMPULSIVELY
STARTING A TV SHOW

UNSTABLE SELF-IMAGE: VIEWS
HERSELF AS A TALK SHOW STAR

RELATIONSHIP INSTABILITY:
ALIENATES FRIENDS, FAMILY, AND
PROFESSIONALS

EMOTIONAL INSTABILITY: FREQUENT
CRYING, RAGE EPISODES, EXTREME
BEHAVIORS

Impact on Her Life

- Bridley and Daffin (2024) note that BPD often causes serious social and occupational impairments.
- Alice's impulsive actions reflect these impairments throughout the film.
- Her use of lottery winnings to create a self-centered talk show isolates her from others.
- This mirrors the instability in relationships and employment often seen in BPD.
- Alice's decline highlights the serious consequences of untreated or poorly managed BPD.



Why BPD Fits Best

- Matches multiple DSM-5 criteria for BPD
- Mood and identity instability are central themes
- Demonstrates strong impulsivity and emotional dysregulation



Possible Treatment Approaches

- Dialectical Behavior Therapy (DBT)
- Medications to manage mood symptoms (optional)
- Long-term psychotherapy focused on emotional regulation
- Structured, supportive environments are critical



Conclusion

Alice Klieg's
behavior aligns
closely with BPD
diagnosis

Accurate portrayals
can foster empathy
and awareness

Early intervention
and consistent
treatment can
improve outcomes





References

Bridley, A., & Daffin, L. W. (2024). *Psychopathology and clinical science* (4th ed.). Academic Media Solutions.

Piven, S. (Director). (2014). *Welcome to Me* [Film]. Bron Studios; Gary Sanchez Productions; Heretic Films.