# Actor Joe Tracini Opens Up About Living with Borderline Personality Disorder in Channel 4 Documentary



Joe Tracini, a 35-year-old actor known for his role as Dennis Savage in "Hollyoaks," has showcased the challenges of living with Borderline Personality Disorder (BPD) in a new Channel 4 documentary titled "Me And The Voice In My Head." The program aired on Monday night, illustrating how BPD impacts Tracini's ability to perform everyday tasks such as answering simple questions, which during filming, led him to break down in tears.

Tracini, who was diagnosed with BPD ten years ago, shared his struggles with intense, unstable emotions and intrusive thoughts on the documentary, where he also introduced viewers to "Mick," a representation of the critical voice in his head. He revealed longstanding issues with addiction and suicidal thoughts, which have interfered significantly with his career as a comedian and performer.

The documentary also touches on the potential origins of BPD, pointing to a combination of genetic and environmental factors, and often a history of childhood trauma or neglect. Joe's father, comedian Joe Pasquale, is featured in the documentary expressing regret over being absent during much of Joe's childhood due to work commitments.

Joe Tracini's candid portrayal aims to increase public understanding and awareness of BPD, alongside exploring therapies and strategies to manage the condition. Further, the documentary captures Joe's return to the stage, as he performs in front of an audience at Norwich Playhouse, marking an important personal achievement.

"Joe Tracini: Me And The Voice Inside My Head" is currently available on Channel 4, offering both insight into Tracini's personal experiences with BPD and broader information on the disorder.