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Stop Walking On Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

Stop Walking on Eggshells

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Synopsis

Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are "walking on eggshells" to avoid the next confrontation? If the answer is "yes," someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life. This compassionate guide will enable you to: Make sense out of the chaos Stand up for yourself and assert your needs Defuse arguments and conflicts Protect yourself and others from violent behavior

Book Information

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Customer Reviews

There are plenty of books written about navigating the lowest levels of hell to get the borderline personality disorder sufferers in their lives the help they need - and how to attempt to cope with them if they can't. This is one of them, but written in a less of a "sucks to be you" format and more of a "you can actually do something about this" format. There are those of us who might not be "stuck" with a borderline family member and have a little more freedom in deciding if we want this in our lives or not after we come to a full understanding of what Borderline Personality Disorder really, what drives it, and what it can take to get it under control - if ever. I read a single-star review here on about this book before buying it. It stated that this book is all about "tough love", which doesn't work

for BPs. Actually, it's also the ONLY love that works, or the BP will continue to mow your life down like a monster truck and demand you lay in front of the tires again and again and again, making the situation worse until someone is locked up, homeless, divorced, or dead. This book is about humane, thoughtful, methodical INTERVENTION that at least will get your own life back on its feet even if the PB can't or won't. Just because the BP is in hell doesn't mean they get to take you with them. This book is written for those who are determined to not be the next domino that falls in the borderline's life. This book is about TAKING CHARGE of the situation so you get your life back. It is NOT written to get the BP the help they need, though it does offer critical information on the subject if the BP is agreeable to it. It is written to show you how to get your life back and what choices you can make and how to properly make them for you and/or your children.

I was in a relationship with a woman for 18 months that was BPD. I had no idea what a BPD was, and hadn't really realized what I was dealing with until the relationship was pretty much over. I had been accused of constantly looking at other women, including her best friend, mother and young girls. I put up with this even though I KNEW I hadn't done anything wrong. When we would fight and split up for a day or two, she slept around with several people, and I continued to let it ride for some reason and took her back time after time. She often accused me of having affairs when I traveled at work. She had intense anger that was explosive and uncontrollable...from the tiniest slights like forgetting a date or time we would be doing something. She would drink heavily during them and actually come after me physically...to do real harm to me. I put up with this. I had been accused of being a narcissist and generally horrible person. I started to doubt myself after awhile...Maybe I am really doing these things. Maybe I am this horrible person. To make a long story VERY short, it wound up ending badly with legal entanglements because of her actions. Once away from her I started to research her behavior and found BPD. Now she has never been diagnosed, and as far as she is concerned, she has NO problem. It's this or that. She will never be better until she faces it. I cannot do that for her. But anyway the book made me realize that I was NOT crazy. It was so hard to get through this. Therapy DOES help a lot, but this book was my salvation. It reads like it was written about she and I. Scarily. Also I had borrowed this book from the library (I have my own copy on the way) and I saw the worn pages, folded corners and stars by sections in the book. I knew I wasn't alone in this.

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