

Surviving A Borderline Parent

Lying. Cheating. Manipulating. Will they ever change? What will it take to get through to them? They apologized, but will this time be different. .or will they just get better at hiding what they are up to? This book will help you get out of the fog of confusion and into the clarity you are looking for. FOG is an acronym that stands for "Fear, Obligation, and Guilt." These three emotions are often at the core of manipulation, and are often how narcissists, sociopaths, and other types of emotional manipulators go about controlling their targets. However, this type of destructive manipulation isn't just limited to narcissists and sociopaths. There is no shortage of people with well-intended bad advice out there who unintentionally fall into the FOG as well, and push targets of abuse into keeping the relationship going. The FOG is one of the main reasons that people stay "stuck" in abusive relationships for so long, why they continue to get involved with abusive people, why they feel that they are the problem, and why they tend to feel that the abuse is somehow their fault. When a person is being manipulated they have a hard time figuring out who has the problem, what is normal, what is problematic, and if their wants, needs, and feelings are valid. The disastrous effects of being lost in the FOG are confusion, crazymaking, people pleasing, and an erosion of boundaries. What makes this well-intended bad advice so damaging is that, on the surface, it seems like good advice--especially if it's coming from people who seem to have our best interests in mind, such as friends, family, church members, support group members, or a therapist. Some examples of this well-intended bad advice that comes from other people is: "Who are you to judge?" "No one is perfect." "You need to forgive them." "She's your mother, you need to have a relationship with her...she's not getting any younger you know." "Commitment is forever." What can be so crazymaking for targets is that they are often getting two very different messages. On one hand, they are told that they need to work towards a solution, and on the other, they are told that need to leave a partner who lies, cheats, steals, hits, yells, or belittles them. This book compares and contrasts of these concepts so that targets of any type of manipulation and abuse can make a more empowered decision. Some of the concepts covered are: Who are You to Judge vs. Being Discerning No One is Perfect vs. Tolerating Abuse You Need to Forgive Them vs. Keeping Yourself Safe A Parent vs. A Predator Commitment vs. Codependency Self-love vs. Selfishness A Person Acting the Part vs. A Person Actually Changing Gut Instincts vs. Hypervigilance A Friend vs. Someone Being Friendly Caring vs. Caretaking Being in Love With Them vs. Being in Love With Who They Pretended to Be Workable Behavior vs. Deal Breakers Acceptance vs. Allowance Going Through So Much Together vs. Being Put Through So Much By Them Sincerity vs. Intensity Healthy Bonding vs. Trauma Bonding Insincere Remorse vs. Sincere Remorse Reacting vs. Responding ...and many more.

Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behavior only to those with whom they are intimate. Others have trouble simply holding down a job or staying in school. Overcoming Borderline Personality Disorder is a compassionate and informative guide to understanding this profoundly unsettling—and widely misunderstood—mental illness, believed to affect approximately 6% of the general population. Rather than viewing people with BPD as manipulative opponents in a bitter struggle, or pitying them as emotional invalids, Valerie Porr cites cutting-edge science to show that BPD is a true neurobiological disorder and not, as many come to believe, a character flaw or the result of bad parenting. Porr then clearly and accessibly explains what BPD is, which therapies have proven effective, and how to rise above the weighty stigma associated with the disorder. Offering families and loved ones supportive guidance that both acknowledges the difficulties they face and shows how they can be overcome, Porr teaches empirically-supported and effective coping behaviors and interpersonal skills, such as new ways of talking about emotions, how to be aware of nonverbal communication, and validating difficult experiences. These skills are derived from Dialectical Behavior Therapy and Mentalization-based Therapy, two evidence-based treatments that have proven highly successful in reducing family conflict while increasing trust. Overcoming Borderline Personality Disorder is an empowering and hopeful resource for those who wish to gain better understanding of the BPD experience--and to make use of these insights in day-to-day family interactions. Winner of the ABCT Self Help Book Seal of Merit Award 2011

Gentle counsel and realistic advice for families contending with one of today's most misunderstood forms of mental illness. "Randi Kreger has done it again! With her new book, she continues to make the dynamics of Borderline Personality Disorder (BPD) readily accessible to those of us who love, live with and treat people who suffer from this complex condition." Blaise Aguirre, MD, Medical Director, Adolescent Dialectical Behavior Therapy Residential Program, McLean Hospital"Kreger's communication techniques, grounded in the latest research, provide family members with the essential ability to regain a genuine, meaningful relationship with their loved one with Borderline Personality Disorder." Debra Resnick, Psy.D., President, Psychological Services and Human Development Center"This book offers hope for those who think their situation has none." Rachel Reiland, author of Get Me Out of Here: My Recovery from Borderline Personality DisorderFor family members of people with Borderline Personality Disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, unfair blaming and criticism, and suicidal tendencies common conduct among those who suffer from the disorder leave family members feeling confused, hurt, and helpless.In Stop Walking on Eggshells, Randi Kreger's pioneering first book which sold more than 340,000 copies, she and co-author Paul T. Mason outlined the fundamental differences in the way that people with BPD relate to the world. Now, with The Essential Family Guide to Borderline Personality Disorder, Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking, learn specific skills, and focus on what they need to do to get off the emotional rollercoaster.Take care of yourselfUncover what keeps you feeling stuckCommunicate to be heardSet limits with loveReinforce the right behaviorsTogether the steps provide a clear-cut system designed to help friends and family reduce stress, improve their relationship with their borderline loved one, improve their problem-solving skills and minimize conflict, and feel more self-assured about setting limits.Randi Kreger is the co-author of Stop Walking on Eggshells and the author of The Stop Walking on Eggshells Workbook. She operates bpdcentral.com, one of the top web-based resources for those living with BPD, and runs the Welcome to Oz online family support groups based at her web site. Cofounder of the Personality Disorder Awareness Network, Kreger is frequently invited to lecture on BPD and related issues, both for clinicians and laypeople.

Are you living with Borderline Personality Disorder? Does it affect your relationship and cause tension or stress? Would you like to learn coping strategies that will help you to deal with the issues you face? Living with any mental condition is hard enough, but when you have to deal with it while trying to have a successful relationship at the same time it can present a whole new set of problems. Borderline Personality Disorder (BPD) is a serious condition where sufferers can fear abandonment, have impulsive and destructive behaviors or experience extreme emotional swings. It creates instability in relationships but can be treated. In this book, Borderline Personality Disorder An Integrative Program to Understand How to Live with Bipolar Mental Condition in Your Relationship, you can gain a much better understanding of BPD and with it find ways to live a happier life, through chapters that cover:
□The root causes of BPD
□The symptoms and the value of early diagnosis
□Exploding the myths about BPD
□8 steps to controlling it
□Mindfulness interventions and activities
□Learning how to forgive yourself and others
□Tips and techniques for building self-esteem
And much more...
BPD can be a debilitating and distressing condition. For anyone who has found themselves suffering from it there can seem to be no answer or an end to the destructiveness it brings. But with Borderline Personality Disorder you can find ways to combat the negative feelings you experience and build a much happier and stronger relationship.

You're Not Crazy - It's Your Mother

Search For The Real Self

Transcending the Personality Disordered Parent

Taking Care of Yourself

Talking to a Loved One with Borderline Personality Disorder

If You Had Controlling Parents

An Integrative Program to Understand how to Live with Bipolar Mental Condition in Your RelationshipStefania

Out of the Fog

Did you grow up in a home with a parent who has Borderline Disorder?Has their narcissism had a knock-on effect in your later life?Do you now want to resolve the traumas you were subjected to and live a happier life? Living with anyone who is narcissistic or who has a borderline disorder is difficult enough. When that person is a parent and someone who you had no choice but to put up with, it becomes even harder. Young lives can be forever affected by their behaviour and it can lead to other issues later on. Inside this book, Borderline Mother: Growing Up with a Bipolar Parent with Borderline Disorder, you will uncover some of the strategies that can be employed when it comes to accepting what has happened and moving on, with chapters that cover: Understanding that it is not your fault The importance of individual identity Learning how to say no How to deal with conflict Regaining your trust in others Living up to your own expectations Finding your courage Learning forgiveness And more... The trauma you experienced as a child, growing up in the presence of a parent with borderline disorder, is not something that should define who you are now. instead, you can embrace what has happened, learn from it and use it to move on to a new chapter in life. That is what you deserve, and Borderline Mother will help you realize it!

From Dr. Patricia Love, a ground-breaking work that identifies, explores and treats the harmful effects that emotionally and psychologically invasive parents have on their children, and provides a program for overcoming the chronic problems that can result.

Kathy Ewing knows what it's like to be raised by someone variously sullen, pleasant, angry, demanding, manipulative, engaging, and all the rest-sometimes changing from one mood to the next in a single conversation. In this personal memoir she writes of her memories from my childhood, in rough chronology, showing her mother's troubling behavior -the behavior that mystified her until she found a name for it, until she could put it in the context of Borderline Personality Disorder. The memoir shows how the diagnosis, the wrestling with her history, and the very writing of it have provided some comfort, if not healing.

Have you been especially troubled by your relationship with a parent? Have you struggled to understand the difficulties in that relationship? Despite your efforts, has this relationship failed to improve? It may be that your parent has a "personality disorder." Personality disorders are long-standing in nature, undergo little change, and end up hurting others, particularly family members. This damage may occur through a self-centered approach to life as well poor decisions (such as addictions, problematic spending, and selecting poor relationship partners). People with personality disorders also harm through their inability to be honest (factually and emotionally), as well as their emotional or physical overreactions to situations. In this book, you'll begin to understand the essential nature of a personality disorder and how it applies to your parent. As examples, the authors describe two in-depth cases. Each case illustrates one of two personality disorder styles that appear to be relatively common: the intrusive personality style and the distant-hostile personality style. The authors offer a number of practical tactics for transcending, both psychologically and spiritually, the problematic past of having been raised by a parent with a personality disorder. This book is designed to offer supportive guidance in the murky terrain of toxic parent-child relationships. It's a must-read for everyone trying to understand and resolve difficulties in their relationships with their parents.

Loving Someone with Borderline Personality Disorder

How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem

How to Heal from Distant, Rejecting, or Self-Involved Parents

Borderline Personality Disorder For Dummies

When Your Daughter Has BPD

Communication Skills to Manage Intense Emotions, Set Boundaries, and Reduce Conflict

The Weather House

Breaking Into My Life chronicles the impact that growing up with a mentally-ill mother had on author Michelle Dickinson-Moravek. The years of having to stay home from school to care for her mother while coping with her instability and periodic abuse would compromise

Michelle's adult life until she finally realized that she had to do more than simply come to terms. She had to reclaim herself along with the life she deserved.

"Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize. If You Had Controlling Parents helps spark understanding and acceptance across generations." — John Gray, Ph.D., author of Men Are from Mars, Women Are from Venus Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet you "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

Behind nearly every adult who is accused of a crime, becomes addicted to drugs or alcohol, or who is severely mentally ill and acting out in public, there is usually at least one extremely stressed-out parent. This parent may initially react with the bad news of their adult child behaving badly with, "Oh no!" followed by, "How can I help to fix this?" A very common third reaction is the thought, "Where did I go wrong--was it something I said or did, or that I failed to do when my child was growing up that caused these issues? Is this really somehow all my fault?" These parents then open their homes, their pocketbooks, their hearts, and their futures to "saving" their adult child--who may go on to leave them financially and emotionally broken. Sometimes these families also raise the children their adult children leave behind: 1.6 million grandparents in the U.S. are in this situation. This helpful book presents families with quotations and scenarios from real suffering parents (who are not identified), practical advice, and tested strategies for coping. It also discusses the fact that parents of adult children may themselves need therapy and medications, especially antidepressants. The book is written in a clear, reassuring manner by Dr. Joel L. Young, medical director of the Rochester Center for Behavioral Medicine in Rochester Hills, Michigan; with noted medical writer Christine Adamec, author of many books in the field. In the wake of the Newtown shooting and the viral popularity of the post "I Am Adam Lanza's Mother," America is now taking a fresh look, not only at gun control, but also on how we treat mental illness. Another major issue is our support or stigmatization of those with adult children who are a major risk to their families as well to society itself. This book is part of that conversation.

Being partnered with a narcissist or borderline personality can be hard enough, but learning how to shield children from the fallout is paramount. Here, the authors show readers how to manage parenting when a narcissistic or borderline partner is part of the equation. Life in a narcissistic family system is at best challenging, and too often filled with chaos, isolation, emotional outbursts, and rigid controlling behaviors. It is too often devoid of peace and emotional safety. In the worst outcomes, children in these families grow up with low self-worth, issues with trust and belonging, and a lack of self-compassion. They are at significant risk of carrying the cycle forward and having poor adult relationships. This book offers a way to intervene and disrupt the cycle of negative outcomes for children. Written by two family therapists who bring a combined total of sixty years of clinical practice with individuals and families, the book pulls no punches, giving clear-headed advice, easy to follow actions to help children, and an abundance of teaching examples. Instead of the doom and gloom scenarios often presented about life with a narcissist or borderline, this book provides a much more positive outlook, and most importantly, it offers hope and a path to an entirely different outcome for the family members. Supported by current research in neuroscience, mindfulness and parenting information, the book focuses on teaching resilience and self-compassion to raise emotionally healthy children, even in a narcissistic family system. It starts by helping parents get a clear understanding of what they face with a narcissistic or borderline partner. There is no room here for denial, but there are also many options to explore. It explains how and why the narcissistic family system functions so poorly for raising healthy children, and pinpoints the deficits while providing information on how to intervene more effectively for the benefit of the children. Using their years of experience, the authors present ideas for staying together as well as knowing when to leave the relationship and how best to do that. Emphasis throughout the book is on supporting and strengthening the reader with encouragement, concrete ideas, skills and compassionate understanding.

A Healing Guide for Daughters

Growing Up with a Bipolar Parent and My Battle to Reclaim Myself

Borderline Personality Disorde

Psychological and Spiritual Tactics

Difficult Mothers, Adult Daughters

Unmasking The Personality Disorders Of Our Age

Coping with Mental Illness, Substance Abuse, and the Problems That Tear Families Apart

Growing Up with a Narcissistic Parent with Borderline Disorder

Your clear, compassionate guide to managing BPD — and living well
Looking for straightforward information on Borderline Personality Disorder? This easy-to-understand guide helps those who have BPD develop strategies for breaking the destructive cycle. This book also aids loved ones in accepting the disorder and offering support. Inside you'll find authoritative details on the causes of BPD and proven treatments, as well as advice on working with therapists, managing symptoms, and enjoying a full life. Review the basics of BPD — discover the symptoms of BPD and the related emotional problems, as well as the cultural, biological, and psychological causes of the disease Understand what goes wrong — explore impulsivity, emotional dysregulation, identity problems, relationship conflicts, black-and-white thinking, and difficulties in perception; and identify the areas where you may need help Make the choice to change — find the right care provider, overcome common obstacles to change, set realistic goals, and improve your physical and emotional state Evaluate treatments for BPD — learn about the current treatments that really work and develop a plan for addressing the core symptoms of BPD If someone you love has BPD — see how to identify triggers, handle emotional upheavals, set clear boundaries, and encourage your loved one to seek therapy Open the book and find: The major characteristics of BPD Who gets BPD — and why Recent treatment advances Illuminating case studies Strategies for calming emotions and staying in control A discussion of medication options Ways to stay healthy during treatment Tips for explaining BPD to others Help for parents whose child exhibits symptoms Treatment options that work and those you should avoid

Contrary to popular belief, borderline personality disorder is NOT a life sentence! If you live with borderline personality disorder (BPD), you already know how painful it can be. But take heart - recovery is possible! The Big Book on Borderline Personality Disorder offers advice from someone who's been there and speaks from inside BPD, with empathy, care and insight. Author Shehrina Rooney shrugs off the stigma, busts myths, and translates the diagnostic criteria into everyday language. She explains the brain science of emotion dysregulation and shares her favorite strategies and skills for weathering the storm. The Big Book on Borderline Personality Disorder includes special chapters for family and loved ones, men with BPD, and anyone newly diagnosed. The author gives readers strategies for coping with BPD in the workplace and as a parent. In short, this book covers everything you (or your parents or therapist) could possibly want to know about BPD. This book gives you the information and tools to reclaim your life. With warmth and humor, Shehrina Rooney shows you how you can find contentment, stability, and the freedom to enjoy each day as it comes. Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships-all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. The Buddha and the Borderline is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

Caring for yourself and your relationship with your mom who has BPD. Growing up with a mom who has Borderline Personality Disorder (BPD) is difficult—but it's still possible to have a functioning adult relationship with her. When Your Mother Has Borderline Personality Disorder provides you with crucial information for understanding the patterns behind her Borderline Personality Disorder, as well as the tools you need to start your own recovery process. Find ways to reconcile your complicated thoughts and feelings with straightforward and easy-to-use techniques. You'll also discover a number of sample dialogues that give you blueprints for safe and secure interactions in a variety of situations. When Your Mother Has Borderline Personality Disorder includes: You, your mother, and Borderline Personality Disorder—Learn why your mother behaves the way she does and how to maintain a relationship with her—without getting hurt. The help you need—Start healing with essential self-care strategies that will help you rebuild your self-esteem, cope with anxiety, protect your family, and more. Research-based tools—Get proven advice based on the most up-to-date approaches for managing a relationship with someone who has Borderline Personality Disorder. Get the help you need moving forward with the compassionate guidance of When Your Mother Has Borderline Personality Disorder.

Stop Walking on Eggshells

A Family Guide for Healing and Change

My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Understanding the Borderline Personality
Breaking Into My Life
A Guide For Separation, Liberation & Inspiration
Essential Skills to Help Families Manage Borderline Personality Disorder
Splitting

A comprehensively revised and expanded new edition of Danu Morigan's #1 bestselling book, which has helped tens of thousands of daughters of narcissistic mothers around the world. Do you find yourself emotionally bruised, upset and confused after being in touch with your mother? Do you somehow feel like you're not a real person in her company? If so, you are far from alone. Millions of daughters experience the same hall-of-mirrors dizziness. Many of them have come to the conclusion that their mother has Narcissistic Personality Disorder, and that explains all that they have suffered. This book explores this - maybe it will resonate for you the same way and make you feel understood and validated as never before. This new edition includes a wealth of new insight and understanding learned by Danu over the last ten years, including: Clarity about escaping the toxic dynamic, through The Four Steps to Freedom; managing our fear of regretting our decisions; how Stories steer us without us realizing; the NM's performative kindness and performative love; overcoming the trap of The Silent Treatment; distinguishing narcissistic 'niceness' from genuine decency; how to recognise, get, and contribute to healthy relationships.

In this compassionate guide, Jerold Kreisman—author of I Hate You, Don't Leave Me—offers a powerful set of tools to help you express yourself, set boundaries, and cultivate healthy communication with a loved one who is diagnosed with borderline personality disorder (BPD). If you have a loved one with BPD, you need real, proven-effective strategies to help you navigate the intense emotions and conflict that can arise in daily interactions and conversations. People with BPD often feel anger, pain, and hurt from a history of invalidation and disappointment, and their difficulty in regulating emotions can lead to moments of lashing out that can confuse and upset those around them. Written by a psychiatrist with more than 40 years of experience in treating BPD, Talking to a Loved One with Borderline Personality Disorder offers a breakthrough, compassionate approach to communicating with a loved one who has BPD. The SET (support, empathy, truth) method outlined in this book is a powerful and simple tool that will allow you to honestly address your loved one's demands, assertions, and feelings while still maintaining appropriate boundaries. Each step builds on the last, helping you build up a consistent and reliable communication process. In this book, you'll find a review of BPD and the common communication problems inherent in the disorder. You'll learn how SET can address these issues. And finally, you'll find detailed examples of specific scenarios that can arise when talking to a loved one with BPD. Remember—validation isn't the same as agreement. You can help your loved one feel validated while still maintaining your own boundaries. This essential guide will show you how.

With Mothers Who Can't Love: A Healing Guide for Daughters, Susan Forward, Ph.D., author of the smash #1 bestseller Toxic Parents, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy. In more than 35 years as a therapist, Forward has worked with large numbers of women struggling to escape the emotional damage inflicted by the women who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence, and difficulties with trust. They doubt their worth, and even their ability to love. Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse. Filled with compelling case histories, Mothers Who Can't Love outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests. Warm and compassionate, Mothers Who Can't Love offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

People with borderline personality disorder (BPD) can be intensely caring, warm, smart, and funny—but their behavior often drives away those closest to them. If you're struggling in a tumultuous relationship with someone with BPD, this is the book for you. Dr. Shari Manning helps you understand why your spouse, family member, or friend has such out-of-control emotions—and how to change the way you can respond. Learn to use simple yet powerful strategies that can defuse crises, establish better boundaries, and radically transform your relationship. Empathic, hopeful, and science based, this is the first book for family and friends grounded in dialectical behavior therapy (DBT), the most effective treatment for BPD.

New Tools and Techniques to Stop Walking on Eggshells

Practical Strategies for Living with Someone Who Has Borderline Personality Disorder

The Buddha and the Borderline

When Your Mother Has Borderline Personality Disorder

Understanding the Borderline Mother

Mothers Who Can't Love

The Intelligent Divorce

Borderline Personality Disorder

Have you been deeply hurt by your mother? Did the woman, who should have loved you, nourished you and protected you inflict traumas that still affect your life today? Are you struggling every day to repair the damage that she caused? If you were raised by a BPD parent, your childhood would more than likely have been an unstable and painful experience. Children raised by mothers with borderline personality disorder are at risk of developing the same kind of emotional problems. They may find themselves facing seemingly insurmountable obstacles in order to overcome their parent's dysfunctional attitudes, and it may be necessary to seek professional help to work on such feelings. If you have experienced these issues as a child, you may have low self-esteem or suffer from anger or depression. Recognising that these problems are not a choice, but the consequences of your mother's disorder, is a necessary first step towards healing your emotional wounds. Adult children of BDP parents are often afflicted with so much guilt and such a strong sense of profound obligation and shame that they feel obliged to keep secret all that has happened in the family, even when it is destroying their lives. These people can find it really difficult to share their experiences because mothers with BPD are usually very good at creating the perfect family image for outsiders to the family. I advise you to read this book if any of these symptoms sound familiar: Sudden unexplained anxiety followed by rapid falls into depression. Doubting yourself and your sanity. Mood swings. Endless and repetitive obsessive thinking about your mother. Constantly try to find explanations for what happened. Feelings of powerlessness and despair. A desire to self-isolate. Overwhelming feelings of loss and pain. Extreme attacks of anger. Insomnia or strange dreams. Many readers can recognize their mothers and themselves in this book Often the children of borderline mothers are terrified of their attitudes and remain paralyzed by failing to react, others find courage but find themselves without the right tools to face them. Looking for help from friends and acquaintances could not be the best solution, they will try to minimize or simply say that you are overdoing it. Don't take it out on them, they won't understand you because they haven't experienced certain dynamics in their lives. What you need to learn Understanding the psychological mechanisms of a borderline mother. The main styles of a borderline mother - identify the traits. The serious consequences in adulthood if you don't address these issues. Things you should never do with BPD sufferers/Learn to defend yourself emotionally against them. How to overcome the trauma and begin a healthy healing process. There are many other situations that will be listed within this book. Knowing the right information allows you to contain the damage and avoid unnecessary suffering The internal dynamics and long-term unresolved traumas can create irreversible damage to your sanity, threatening future emotional and mental stability, so it is important to take immediate action. If you are tired of carrying this weight every day and want to finally make a change in your life this book has been written especially for you. Heal the deep wounds of the child within you Scroll up and click Buy Now button at the top of this page

From the authoritative expert in personality disorders, Search for the Real Self is a thorough dissection of how one's real self is developed, how it relates to the outer world, and how personality disorders are understood and treated in our modern society. Personality disorders—borderline, narcissistic, and schizoid—have become the classic psychological disorders of our age. Outwardly successful, charming and powerful, personality-disordered individuals have long confounded their colleagues, family, lovers and employees—as well as mental health professionals. The author helps the reader understand them. After describing how the healthy real self develops and functions, he explains what can go wrong. Drawing on case histories, he shows how the false self behaves in relationships and on the job, and then delineates appropriate treatments, offering real hope for cure.

Discusses the signs and symptoms of borderline personality disorder and explains how the families and friends of patients can cope with BPD behavior while taking care of themselves.

Why can't I be normal and happy like everyone else? Why do I always have problems? Why do I constantly feel as if I am not good enough? Why don't I love myself? Will I ever be loved? Do These Questions Sound Familiar? A child who is abused by her parent will try to reduce the effects of the abuse on them emotionally and psychologically by scaling the abuse down. You might even find yourself trying to believe that you are not abused and that something happened which caused your mother to react abusively. However, because many forms of narcissistic abuse, such as manipulation, slander, withholding, and emotional blackmail are not often discussed people don't think of these actions as abuse. Therefore, many children of narcissistic mothers don't even realize that they are abused According to a recent study published on the American Journal of Psychiatry, someone with one or more indicators of childhood maltreatment had a chance of developing recurrent depression in later life around 2.27 times higher than that of people who had no history of maltreatment. Evidence suggests that childhood maltreatment may negatively affect not only the lifetime risk of depression but also clinically relevant measures of depression, such as course of illness and treatment outcome. Don't you think it's time to stop feeling guilty and inadequate? Don't you think you are mature enough to recognize how your narcissistic mother is still affecting your life, get her out of your head and become who you really are? I think, then, this book might help. I know you don't need another book filled in with useless information. You just want to HEAL. Here's just a tiny fraction of what you'll discover: - 10 signs of a Narcissistic Mother - 11 signs of Narcissistic Abuse - Manipulative tactics - The Effect on Being Raised as a Daughter of a Narcissistic Mother - How Your Narcissistic Mother Affects Your Mindset - Allow Your Feelings to Grow and Accept Them - Learn the art of Self-discipline - Self-compassion exercises - Heal Through Mindful Acts and Thoughts - Heal Your Subconscious Mind - 6 strategies to overcome anxiety - Build the Life You Want, Become the Person You Want to Be Your life is worth living and you are an amazing person with great talents. Take the step to get yourself the help you need and deserve so you can learn to understand narcissistic abuse, learn to understand that you are a victim, and find ways to cope and overcome the abuse so you can reach your full potential and live the best life possible. I have to be honest: this won't be easy, but I have been there and I have done that. That's why I wrote this book to help you get unstuck and transform your life forever. The decision is yours. Would you like to know more? Scroll up and click the Add to cart button now!

The Stop Walking on Eggshells Workbook

I Hate You--Don't Leave Me: Third Edition

Unmask the Negative Impact of Having a BPD Mother, Understand the Truth and the Methods of Healing the Unique Wounds Inflicted from Infancy to Adulthood

When Your Adult Child Breaks Your Heart

How to End the Drama and Get on with Life

An Information Guide for Families

How to Make Peace with Your Past and Take Your Place in the World

How to Keep Out-of-Control Emotions from Destroying Your Relationship

This booklet is designed for people who have someone in their lives who has borderline personality disorder (BPD). The first three sections include information about the symptoms and causes and treatment of BPD. Section four talks about how to support someone who has BPD and the last section discusses self-care for family and friends. Contents: - about personality disorders - about borderline personality disorder - treatment for people with BPD - supporting the family member who has BPD - self-care - recovery and hope - family crisis information sheet.

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory

The symptoms of borderline personality disorder (BPD) include severe mood shifts, unfounded accusations and wildly inappropriate displays of anger, a range of self-destructive behaviors, and frantic efforts to avoid abandonment. For the friends and families of people with BPD, The Stop Walking on Eggshells Workbook supports and reinforces the ideas in its partner book Stop Walking on Eggshells. The Stop Walking on Eggshells Workbook can be used by itself, or as an accompaniment to the first book. A practical guide to successfully navigating life with someone with BPD, it's chock full of worksheets, checklists, and exercises to help them apply what they've learned to their own relationship. It includes a form to help to fill in when looking for a clinician, a list of phrases to use, and a glossary of BPD-related terms. The book is easy to read and right to the point.

Those raised by a BPD parent endured a volatile and painful childhood. This book offers readers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person with this disorder. Readers discover coping strategies for dealing with low self-esteem, lack of trust, guilt, and hypersensitivity.

A Survival Guide for Daughters: Recognize Borderline Personality Disorder Recover From Childhood Emotional Neglect, Overcome Narcissistic Abuse and Heal Your Inner Child.

: Moving from Confusion to Clarity After Narcissistic Abuse

Overcoming Borderline Personality Disorder

Missing

Punishment and Revenge in Borderline Personality Disorder

Taking Your Life Back when Someone You Care about Has Borderline Personality Disorder

Freedom for Daughters of Narcissistic Mothers - New Edition

Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy

People with Borderline or Narcissistic Personality Disorders are master manipulators; Caretakers fall for them every time. This book helps Caretakers break the cycle and puts them on a new path of personal freedom, discovery, and self-awareness, through the use of real stories and practical suggestions from a seasoned therapist.

The Intelligent Divorce-Book Two: Taking Care of Yourself revolves around you- the greatest asset your kids have. Despite the inevitable power struggles you may have with your ex, if you do the hard work of staying healthy, centered, and focused on your children's well-being, you'll be pleasantly surprised by how well they'll do. After all, they want to see their mom and dad happy, positive, and when possible communicating effectively with each other. And if you're raising your children alone, this book, along with Book One, will help you become a positive role model for your kids. We will equip you with the necessary tools to better understand your situation, handle it to the very best of your ability, and come through it not only intact but healthier, as an individual and as a parent.

In this important sequel to Adult Children of Emotionally Immature Parents, author Lindsay Gibson offers powerful tools to help you step back and protect yourself at the first sign of an emotional takeover, make sure your emotions and needs are respected, and break free from the coercive control of emotionally immature parents. Growing up with emotionally immature (EI) parents can leave you feeling lonely and neglected. You may have trouble setting limits and expressing your feelings. And you may even be more susceptible to other emotionally immature people as you establish adult relationships. In addition, as your parents become older, they may still treat your emotions with mockery and contempt, be dismissive and discounting of your reality, and try to control and diminish your sense of emotional autonomy and freedom of thought. In short, EIs can be self-absorbed, inconsistent, and contradictory. So, how can you recover from their toxic behavior? Drawing on the success of her popular self-help book, Adult Children of Emotionally Immature Parents, author Lindsay Gibson offers yet another essential resource. With this follow-up guide, you'll learn practical skills to help you recognize the signs of an EI, protect yourself against an emotional takeover, reconnect with your own emotions and needs, and gain emotional autonomy in all your relationships. This is a how-to book, with doable exercises and active tips and suggestions for what to say and do to increase emotional autonomy and self-awareness. If you're ready to stop putting your own needs last, clear the clutter of self-doubt, and move beyond the fear of judgment and punishment that's been instilled in you by emotionally immature parents, this book will help you find the freedom to finally live your life your way.

Surviving a Borderline Parent How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem ReadHowYouWant.com

What to do When a Parent's Love Rules Your Life

A Guide for Adult Children

Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship

The Emotional Incest Syndrome

Borderline Mother

Adult Children of Emotionally Immature Parents

Stop Caretaking the Borderline Or Narcissist

Raising Resilient Children with a Borderline or Narcissistic Parent

Those raised by a BPD parent endured a volatile and painful childhood. This book offers readers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person with this disorder. Readers discover coping strategies for dealing with low self-esteem, lack of trust, guilt, and hypersensitivity...

This illustrated book for school-aged children provides, through touching story, clinically sound and age-appropriate information for children, giving them clear answers to frequently asked questions about the borderline personality disorder of a parent, and suggesting ways to cope with the situations. Through analogies of weather patterns, the book describes two days in the chaotic life of David and Mary. Psychoeducational comments are provided throughout the book by a "weather wiz" who explains, in a simple manner, to both the characters and readers, the mother's sometimes strange behaviors that can be challenging to comprehend. The wonderful illustrations help with the understanding, and lighten the story with humor. This book will help teach children to take some distance, to better understand what is happening at home and how not to feel responsible for their parents' stormy times.

The first love in our lives is our mother. Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a "make-believe" mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim. A Jason Aronson Book

This highly anticipated second edition of Splitting includes new chapters on abuse, alienation, and false allegations; as well as information about the four types of domestic violence, protective orders, and child custody disputes. Are you divorcing someone who's making the process as difficult as possible? Are they sending you nasty emails, falsifying the truth, putting your children in the middle, abusing you, or abusing the system? Are they "persuasive blamers," manipulating and fooling court personnel to get them on their side? If so, you need this book. For more than ten years, Splitting has served as the ultimate guide for people divorcing a high conflict person, one who often has borderline or narcissistic (or even antisocial) personality disorder. Among other things, it has saved readers thousands of dollars, helped them keep custody of their children, and effectively guided them through a difficult legal and emotional process. Written by a family law attorney and therapist, and the author of Stop Walking on Eggshells, Splitting is an essential legal and psychological guide for anyone divorcing a persuasive blamer: someone who suffers from borderline personality disorder (BPD), narcissistic personality disorder (NPD), and/or antisocial personality disorder (ASPD). This second edition includes new information about antisocial personalities; expanded information about domestic violence, child abuse, alienation, and false allegations; how to approach protective orders and deal with child custody disputes; and a new chapter on how to successfully present your case to decision makers. Turn to this guide to help you: Predict what your spouse may do or say in court Take control of your case with assertiveness and strategic thinking Choose a lawyer who understands your case Learn how e-mails and social networking can be used against you If you need help navigating a high-conflict divorce from a manipulative spouse, this book includes all of the critical information you need to work through the process of divorce in an emotionally balanced, productive way.

How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-esteem

Coming to Terms with a Borderline Mother

The Essential Family Guide to Borderline Personality Disorder

Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder

Living With a Parent With Borderline Personality Disorder

The Big Book on Borderline Personality Disorder

Surviving a Borderline Parent

How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem (16pt Large Print Edition)

The revised and expanded third edition of the bestselling guide to understanding borderline personality disorder—with advice for communicating with and helping the borderline individuals in your life. After more than three decades as the essential guide to borderline personality disorder (BPD), the third edition of I Hate You—Don't Leave Me now reflects the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as connections between BPD and substance abuse, sexual abuse, post-traumatic stress syndrome, ADHD, and eating disorders. Both pharmacological and psychotherapeutic advancements point to real hope for success in the treatment and understanding of BPD. This expanded and revised edition is an invaluable resource for those diagnosed with BPD and their family, friends, and colleagues, as well as professionals and students in the field, and the practical tools and advice are easy to understand and use in your day-to-day interactions with the borderline individuals in your life.

"An empowering book . . . strategies for freeing yourself from the control of an unhealthy mother relationship." —Susan Forward PhD, #1 New York Times–bestselling author of Toxic Parents For any adult daughter who struggles with a narcissistic, controlling, or otherwise difficult mother, here's the good news: Your mother doesn't have to change in order for you to be happy. Inspired by her own journey, Karen C.L. Anderson shows women how to emotionally separate from their difficult mothers without guilt and anxiety, so they can finally create a life based on their own values, desires, needs, and preferences. With personal stories, practical tools, and journal prompts that can be used now to feel better. Anderson compassionately leads women struggling in their relationships with their difficult mothers through a process of self-awareness and understanding. Her experience with hundreds of women has resulted in cases of profound growth and transformation. This book is about Anderson discovering and accepting the whole of who she is (separate from her mother), and—in relatable, real, funny, and compassionate prose—making her discoveries accessible to women struggling to redefine their own challenging relationships with their mothers. Learn: · Why mothers and daughters can have difficult relationships · How to heal and transform your mother "wounds" · How to tell your stories in a way that empowers · How to handle the uncomfortable emotions that seem inevitable · The art of creating, articulating, and maintaining impeccable boundaries · How to stop "shouldering" How to "re-mother" yourself and acknowledge, honor, and meet your needs Although relatively common, "Borderline Personality Disorder", or BPD is often overlooked or misdiagnosed by therapists and clinicians and denied by those who suffer from it. Symptoms of this tragic problem include unpredictability, violence and uncontrollable anger, deep depression and self-abuse. Parents with BPD are often unable to provide for the basic physical and emotional needs of their children. In an ironic and painful role reversal, BPD parents can actually raise children to be their caretakers. They may burden even very young children with adult responsibilities. If you were raised by a BPD parent, your childhood was a volatile and painful time. This book, the first written specifically for children of borderline parents, offers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person suffering from this disorder. Discover specific coping strategies for dealing with issues common to children of borderline parents: low self-esteem, lack of trust, guilt, and hypersensitivity. Make the major decision whether to confront your parent about his or her condition.

In this groundbreaking book, psychologist Daniel Lobel offers essential skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you understand your daughter's disorder, define appropriate boundaries, put an end to daily emergencies, and rebuild the family's structure from the ground up. If you have a daughter with borderline personality disorder (BPD), you may feel frustration, shame, and your family may be at the breaking point dealing with angry outbursts, threats, and constant emergencies. You may even feel guilty for not enjoying spending time with your child—but how can you when her behavior is abusive toward you and the rest of your family? You need solid skills you can use now to help your daughter and hold your family together. In this important guide, you'll learn real solutions and strategies based in proven-effective DBT and CBT to help you weather the storm of BPD and restore a sense of normalcy and balance in your life. You'll find an overview of BPD so you can better understand the driving forces behind your daughter's difficult behavior. You'll discover how you can help your daughter get the help she needs while also setting boundaries that foster respect and self-care for you and others in your family. And, most importantly, you'll learn "emergency parenting techniques" to help you put a stop to abusive patterns and restore peace. If your daughter has BPD and your family is struggling to make it through each day, this book offers essential skills to help you cope and recover a sense of stability.

Narcissistic Mother

Recovering from Emotionally Immature Parents