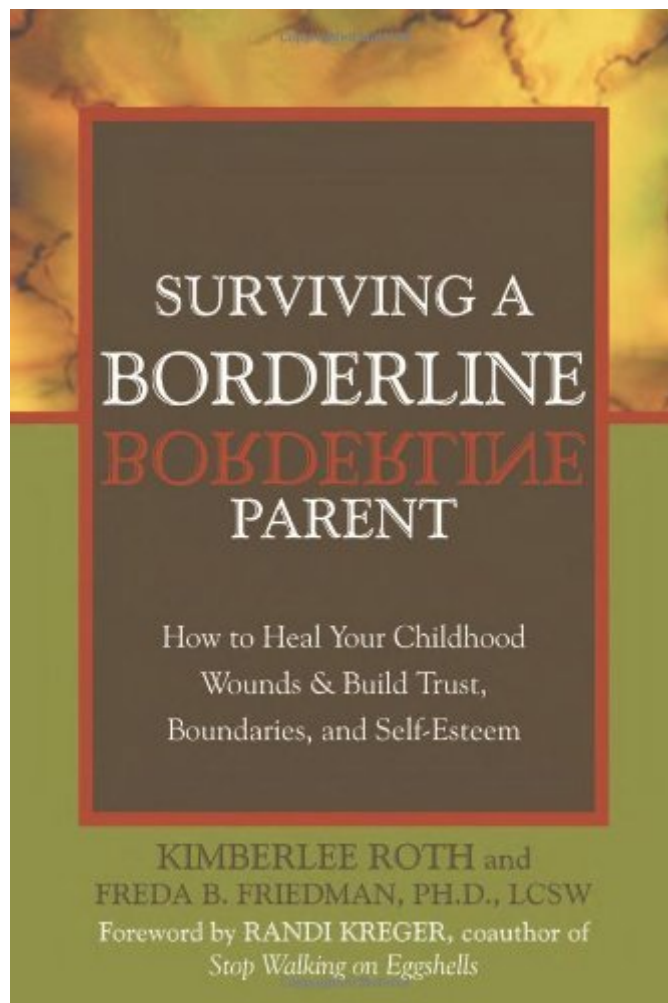


The book was found

Surviving A Borderline Parent: How To Heal Your Childhood Wounds And Build Trust, Boundaries, And Self-Esteem



Synopsis

Surviving a Borderline Parent is the first step-by-step guide for adult children of parents with borderline personality disorder. Between 6 and 10 million people in the US suffer from borderline personality disorder. This book teaches adult children how to overcome the devastating effects of growing up with a parent who suffers from BPD. Although relatively common, borderline personality disorder (BPD) is often overlooked or misdiagnosed by therapists and clinicians and denied by those who suffer from it. Symptoms of this 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.

Book Information

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Customer Reviews

As the grown child of a woman with BPD, I am forever grateful to the authors of this book for shining a spotlight on this mystifying, tragic, devastating disorder.... Like many of the case studies cited in this book, my own mother behaved quite normally (and acted quite lovingly) toward me from my birth until about the age of four.... Then -- only intermittently at first -- her paranoia and rages began. She started telling me that I hated her(???)!.... She told me that she could "see it in my face"..... And that and that she wished she could "throw me back" (like a dead fish that's been caught, I guess.).... Or that she could "lock me in a cage," (like the despicable creature I was to her, I suppose.) She began looking for signs that I was "betraying" her, or "sneering" at her behind her back.... She would study my facial expressions and vocal inflections INTENSELY, looking for any excuse to explode.... And (God help me!!) if I slipped up and allowed myself the luxury of a NEUTRAL facial expression (instead of a continuous smile), or did not answer her with a properly "enthusiastic" voice, there would be HELL to pay. By the time I reached the age of six, my life had BECOME a living hell.... With no way out.... (My dad, by the way, was an extremely passive man (...he had been severely abused himself, as a child, by a domineering mother...), and he offered NO resistance to my mother when she would target me for abuse.

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Self control, ... Self-Confidence, Self-esteem, Organizing)
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