



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

By Paul Mason, Randi Kreger



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Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel as though you are constantly trying to avoid confrontation?

If you answered yes to any of these questions, you should remember this: It's not your fault. And you're not alone. In fact, the person you care about may have traits associated with borderline personality disorder (BPD), such as emotion dysregulation, impulsive behavior, unstable sense of self, and difficulty with interpersonal relationships. No matter how much you want to be there for your loved one, at times it can feel like you are walking on eggshells.

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

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.

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Editorial Review

Review

"Verdict. This informative, well-written book is highly recommended for relatives and significant others of someone with BPD." ---Library Journal

From the Publisher

This book helps the friends and family members of people with borderline personality disorder (BPD) understand the condition, help their loved ones find effective treatment, and stop feeling as though they are walking on eggshells to avoid confrontations with BPD sufferers.

About the Author

Randi Kreger speaks and gives workshops about borderline personality disorder internationally and is the author of The Essential Family Member Guide to Borderline Personality Disorder.

Paul T. Mason, M.S., is vice president of clinical services at Wheaton Franciscan Healthcare in Racine, Wisconsin, and his research on borderline personality disorder has been published in the Journal of Clinical Psychology.

Actress Kirsten Potter has performed on stage, film, and television, including roles on Medium, Bones, and Judging Amy. Her narrations have won AudioFile Earphones Awards, and she earned an Audie nomination for her reading of Rise Again by Ben Tripp.

Users Review

From reader reviews:

Joni Thompson:

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