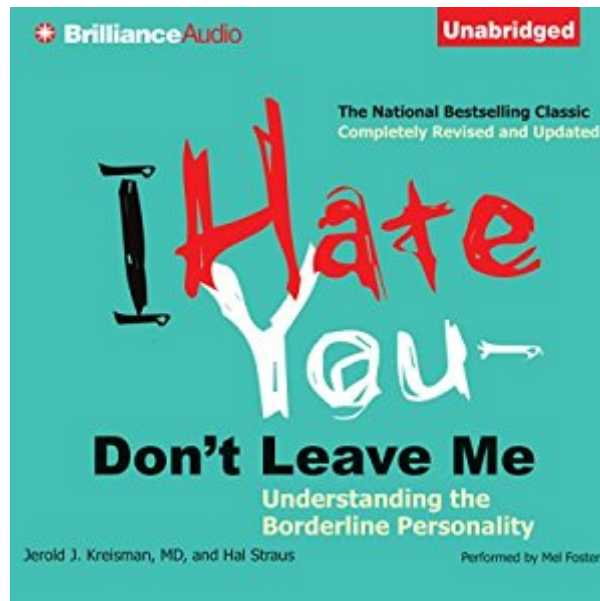


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# I Hate You - Don't Leave Me: Understanding The Borderline Personality



## Synopsis

People with borderline personality disorder (BPD) experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, then despairing and depressed the next. There are an estimated 18 million sufferers of BPD living in America today - each displaying remarkably similar symptoms: A shaky sense of identity Sudden outbursts of anger Oversensitivity to real or imagined rejection Brief, turbulent love affairs Intense feelings of emptiness Eating disorders, drug abuse, and other self-destructive tendencies An irrational fear of abandonment and an inability to be alone For years BPD was difficult to describe, diagnose, and treat. But with this classic guide, Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families understand and cope with this troubling, shockingly widespread affliction. This completely revised and updated edition includes information on the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder - as well as the connections between BPD and substance abuse, sexual abuse, post-traumatic stress disorder, ADHD, and eating disorders - making it a vital reference for understanding and living with BPD.

## Book Information

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## Customer Reviews

I've been diagnosed with BPD and (c)PTSD since i was in my teens. and over, and over, and then once more. this is one of the few books on BPD i actually really like, or love even, because it actually talks about borderline as it REALLY is.we are not evil people, nor are we narcissistic.this

book is perfect -to me- because they don't make BPD into a "walking on egg shells" issue. which it may be to some family and friends, but, i (most bpd) try to go over the top and beyond for others in a good way. we fear rejection and the most simple (to you) things such as eye movement at "wrong" (to me) time can mean rejection and fear, thus the wall falls and anger is my wall. there is so much more detail to who we are, i am not the spokesman for BPD but speaking for myself there are so many things i wish i could do and/or change about who i am both within BPD and outside of it. i don't wish to be like this, and i think this book shows very well the reasons and gives amazing details and comparisons so non-BPD people can hopefully understand us a bit more.

First, my degrees are in Psychology and Sociology, but we had not studied Borderline Personality Disorders. However, when my wife was diagnosed as being borderline, they suggested this book. I would have sworn, they followed her around and just made notes as they wrote the book. The accuracy of the issues, problems, behaviors, etc.... were spot on. Ironically, all of the things they suggest in how to handle a borderline, were what I was doing. It reinforced to keep doing them, which did help over the long run. It can be hell, and this helped me understand it much better. It also helps people keep their "perspective" about things, and to not get sucked in at the same time. It should be mandatory reading for anyone dealing with a person who has a borderline personality disorder.

This was suggested to me by a counselor. My wife and I went to a marriage counselor 4 times before she stopped going because it wasn't her priority. I recently started going back to the counselor on my own in an attempt to get advise on how to communicate and interact with my wife when she has sudden and unexplained outbursts of anger, irrational accusations and contradicting arguments. I just finished reading the book and was amazed at how similar the content was to what I have been subjected to and experiencing. The chapter discussing how to communicate with a BPD person was very informative and I've attempted to apply the method but my wife insists everyone is ganging up on her, stabbing her in the back and that she can't trust anyone... even me. She refuses to accept any responsibility for her behavior. One thing that has become very clear to me after reading this book is that until a BPD person accepts responsibility for the things they say and do and that it's not everyone else, it will always be a struggle. My greatest fear is the potential impact on our daughters as they grow up and witness their mother's unexplained outbursts. Very informative and worth reading for anyone who is on the receiving end of unexplained and unpredictable outbursts of anger/rage, unexplained accusations, manipulative comments, and attempts to make you feel like

you're always the problem.

This is a great book if you are dealing with a person with Borderline Personality Disorder. You may not know you are. But if you know a person who sees you as all good and then all bad, smothered you one minute and rejects you the next, and has shaky identity, they likely have BPD. People who have this problem often grew up in abusive situations and never learned to form healthy attachments. They crave relationships but can't tolerate them when they materialize.\*\*\*I know therapists who treat only a limited number of people with this disorder: they are the hardest to work with because their symptoms can be so contradictory. These people can suck dry even the most skilled and compassionate clinician. Imagine how hard it is for a layperson.'But people with BPD can get better, and that is where this book comes in. You are not going to cure them, but by consistency, limit setting and other tools this book outlines, you can live, love and work with them if you want or have to.\*\*\*No. Not all single men have BPD.

Good audio performance--excellent narration. The problem is the content; it's just dry and very "medical" (and I'm saying that as a doctor). Two views of BPD can be categorized as either medical or psychosocial. I think the psychosocial view provides a better understanding that helps nonBPDs understand what they are dealing with. With all due respect for this book as the classic, I think "Stop Walking on Eggshells" is better, and I also recommend Engel's "The Emotionally Abusive Relationship" which has a large section on BPD and other personality disorders and very excellent practical tools.

This book caught my attention by the title. I am a sufferer of BPD and "I hate you - don't leave me" are words I find myself speaking frequently without really understanding why. This book explains the symptoms and causes of BPD, as well as healing and treatment. I am so glad I found this book!

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