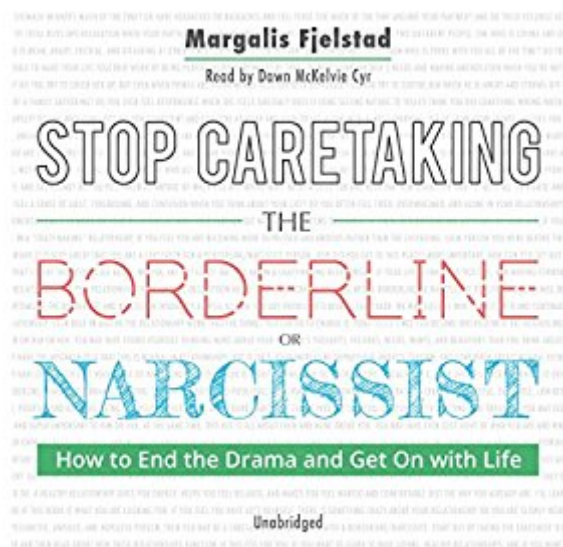


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# Stop Caretaking The Borderline Or Narcissist: How To End The Drama And Get On With Life



## Synopsis

People with borderline or narcissistic personality disorders have a serious mental illness that primarily affects their intimate, personal, and family relationships. Often they appear to be normally functioning at work and in public interactions, and narcissists may even be highly effective, in the short term, in some work or social situations. However, in intimate relationships, they can be emotional, aggressive, demeaning, illogical, paranoid, accusing, and controlling - in the extreme. Their ability to function normally or pleasantly can suddenly change in an instant, like flipping a switch. These negative behaviors don't happen once in a while; they happen almost continuously in their intimate relationships - most often and especially with their caretaker family member. Here, Margalis Fjelstad describes how people get into a caretaker role with a borderline or narcissist, and how they can get out. Caretakers give up their sense of self to become who and what the borderline or narcissist needs them to be. This compromises the caretaker's self-esteem, distorts their thinking processes, and locks them into a victim-persecutor-rescuer pattern with the borderline or narcissist. The book looks at the underlying rules and expectations in these relationships and shows caretakers how to move themselves out of these rigid interactions and into a healthier, more productive, and positive lifestyle - with or without the borderline/narcissistic partner or family member. It describes how to get out of destructive interactions with the borderline or narcissist and how to take new, more effective actions to focus on personal wants, needs, and life goals while allowing the borderline or narcissist to take care of themselves. It presents a realistic, yet compassionate, attitude toward the self-destructive nature of these relationships, and gives real-life examples of how individuals have let go of their caretaker behaviors with creative and effective solutions.

## Book Information

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## Customer Reviews

Having been raised in a family with a borderline/narcissist mother, and an enabling father, I have been in denial most of my life about how dysfunctional our life was. This book has forced my eyes open in a way that 7 years with my therapist could not do. Granted, as a recovering Caretaker, I was ready to hear the whole truth about how dysfunctional I had become and how much work is ahead of me to fix myself and not the other people in my life, but this book got into every nook and cranny of dysfunction and called it what it was. I am shocked at all the connections I never made and dismayed at how much I still need to change but I am going to do the hard work ahead. Dysfunction has affected at least 4 generations, I want the buck to stop with me so my kids have a better role model.

If anyone has hurt you emotionally, physically or mentally on a continued basis and you're trying to decide whether to leave or not, then this book is for you. If you have left an abusive person, then this book is for you. If you have or had controlling parents, boyfriend, girlfriends or boss, then this book is for you. This book could also be helpful if you are or have been involved with an alcoholic or addict. The author does an excellent job at the describing these abusive people, how to let go of them and how to rebuild your life. A bonus is that the author clearly defines what to look for in a healthy relationship. The following is my summary, but the author's ideas. A real relationship is based on each person giving the other approximately the same amount of energy as the other receives. Whether this energy is in the form of attention, invitations, gifts, advice, help, or understanding does not matter. This is called reciprocity. A healthy relationship is\* One that is nurturing to one another,\* Fulfills the relational needs of each person and\* Attends to the interests and desires of each other. In addition, a healthy relationship\* Does not drain the other, but gives the other energy,\* Helps each other feel relaxed and\* Makes the other feel wanted and cared for.

This book opened my eyes to the person I had been living with for 21 years. I was as if someone finally understood. It all made sense...a borderline personality/narcissist is hard to live with and ultimately ended our relationship. It's a rare form of abuse. Excellent book.

I'm a psychotherapist who uses this book to help people emerge from these troubled relationships. It's very helpful for people who have made the decision to part ways with a borderline or narcissistic partner and need to understand their part in the dynamic. "Stop Walking on Eggshells" is a better match for family members or people who choose or need to survive an ongoing connection of this sort.

Very interesting and well written. Lots of research done here and the information gained included to authenticate her thoughts, Often difficult mental dysfunctions to diagnose and work with. Happen to be familiar with both types and their impact on both those suffering from them and their families trying to interact and deal with them. Very difficult. A huge need for both to understand the wiring that causes these problems. And to recognize the impact they cause. And how these dysfunctions are manifested. Truly enlightening how often these types engage with those people that are caretakers,

It took two attempts to click with this one, not because of the writing, which is good, but because the material is so starkly clear and useful that it may take some "softer" books on the subject first to help the medicine go down. Nevertheless definitely one of the most practical books on the subject, that doesn't talk down to the reader as some books do, just lays out how it is and what can be done about it. Recommended.

I am only halfway through and am totally amazed that there is an actual condition for what I have put up with for many years! I have already put into play some of the correcting behaviors and it is working but it seems like more of a game then real life should be. Wow is all I can say! Very well written, easy to read and spot on! Thanks Margalis!!!

Well written, easy to read. The information is concise and doesn't mince words. the situations described in this book will be familiar to anyone who's dealt with a BPD individual in a close relationship. I've started using the suggestions and they've been effective. the only reason i didn't give 5 stars was the take on the bpd individual. it's pretty bleak. Real for sure, and maybe my person isn't at the level she describing. our maybe I'm just not doing a good enough job not care taking and i want to hang onto hope. in any case, it's not promising.

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