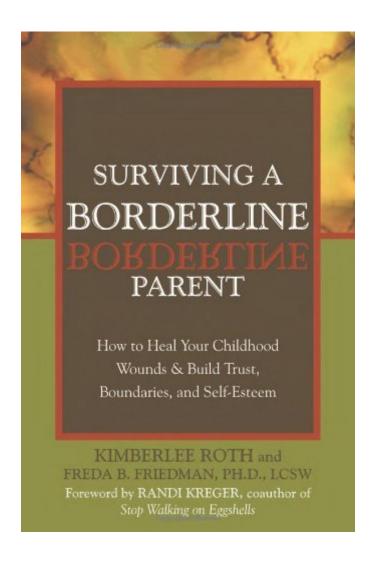
The book was found

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 gratefulto the authors of this book for shining a spotlight on thismystifying, tragic, devastating disorder....Like many of the case studies cited in this book, my own motherbehaved quite normally (and acted quite lovingly) toward me frommy birth until about the age of four....Then -- only intermittently at first -- her paranoia and ragesbegan. 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 dud fish that's been caught, I guess.)....Or that she could "lock me in a cage," (like thedespicable 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 myfacial expressions and vocal inflections INTENSELY, lookingfor any excuse to explode....And (God help me!!) if I slipped up and allowed myself theluxury of a NEUTRAL facial expression (instead of a continuoussmile), 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 aliving hell.... With no way out....(My dad, by the way, was an extremely passive man (...he hadbeen severely abused himself, as a child, by a domineeringmother...), and he offered NO resistance to my mother whenshe would target me for abuse.

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