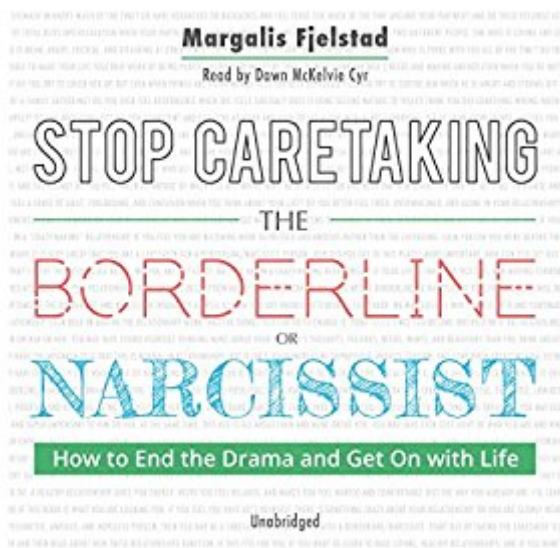


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# Stop Caretaking The Borderline Or Narcissist: How To End The Drama And Get On With Life



## 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

Audible Audio Edition

Listening Length: 8 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audiobooks.com Publishing

Audible.com Release Date: June 10, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01GUBLHYA

Best Sellers Rank: #7 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #14 in Books > Medical Books > Psychology > Reference #17 in Books > Health, Fitness & Dieting > Psychology & Counseling > Reference

## Customer Reviews

This book was like reading about several people in my life AND my interactions with them. It further solidified my dawning awareness that these people will not change (not easily and maybe not at all and maybe never). It validated many of my feelings and experiences related to dealing with the BPD & NPD. It gave me HOPE that my life can improve...BUT it will be up to me to make it happen for myself. Waiting for them to care, be kind, share, reciprocate, show empathy, be helpful, be responsible, be less crazy/angry/needy/manipulative is a waste of my time and my life. The author gives many suggestions for what I can do to make my situation better - very helpful as my boundaries have been bludgeoned by the BPD and NPD people for pretty much all of my life. Duh, hello. Why did I not realize all of this on my own many years before? My own thinking was not as clear as it would have been if I had not been subjected all my life to the BPD/NPD authority figures & significant others. The author lays out some very helpful guidelines about my responsibilities vs my caretaking behaviors. It feels like permission to just be a responsible, nice, caring person rather than take on the job of making all these crazy people happy!! Woohoo! I have a long way to go, but the path is a lot more clear after reading this book.

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.

This book offers clear insights without delving into the author's past or too many case studies. It provides understanding of the BP/NP personalities as well as the Caretaker's, and why we are inclined to get hooked into these toxic relationships. It gives clear and hopeful advice to Caretakers

on how to extricate themselves from a borderline/narcissist, and gives a clear picture of the importance of doing so. This is one of the most USEFUL self-help guides I have read in a long time! I originally borrowed it from a local library but found it so helpful I wanted to own my own copy. (As for the one star review, the grammatical mistake is only in the web write-up and is corrected on the book flap. The grammar and writing is strong throughout without being too pedantic or technical. A reminder that one should actually read a book before reviewing it.)

The great thing about this book is it's not about the BPD or NP...it's about you and how to live a great life. Not sure why this book isn't the bible on this topic.

If you even think you may have a BP/NP in your life, immediately:- SECURE UNINTERRUPTED SLEEP THAT LASTS LONG ENOUGH.- EAT ALL MEALS FREE FROM THE STRESS OF A CONTROLLING AND EXPLOSIVE PERSON.- ESTABLISH REGULAR ALONE TIME IN A PLACE WHERE THE PERSON CANNOT DISTURB YOU. You need to regain your judgement, strength, and sense of who you are - and the points above provide an essential foundation. Put them in place. While you're at it, read this book. Then do what is right for you. DO NOT 'DISCUSS' ANY OF THESE POINTS WITH THE BP/NP, JUST ACT. Discussion and argument waste your life. But you know that now, don't you? ;- ) AND...when you get control of your life back - try reading Shari Manning, 'Loving Someone With Borderline Personality Disorder.' It will help you to understand what is going on in the other person, and how the way you handle your own reactions can change the situation you are both in. It has given me the hope that there is a way forward for us - one that doesn't involve my lying to myself that everything is fine, or cutting myself off from my love. I wish you the very best. I never dreamed this could happen to me, and it did. I'm rooting for you and wish you well. :- )

When you are surrounded by confusion and a family-in-law that supports your BP/NP spouses' assertions and view points of you, what is real? Your true support structures, family and friends are quickly eroded and you are left isolated in a fog, with very few landmarks to know exactly where you are. What is left of your support structure advice is cleverly tainted and reconstructed in the negative, to leave you doubting. This book however is immutable. It can't have its advice manipulated, its insights and guidance misdirected. It's the brave 'friend you need' that can puncture through the cleverly weaved, sticky defense web of the BP/NP, not get stuck and provide either an exit path and/or guide to understanding just what you got yourself into along with actionable

strategies to better your situation. I read this in two sittings. It is essential, it is like having a guru touch your forehead and pronounce this is what I see and why it is happening. I felt like the author was talking directly to me; yet me is every caretaker out there in a BP/NP relationship. Chaos has no script, but this is scripted chaos and with the author's well-versed observations and explanations I now understand it's underlying root cause and how to function again. Thank you Margalis Fjelstad.

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