

Violent mood swings... Chronic depression...  
Self-destructive tendencies...

**I HATE  
YOU -**  
*don't leave me*



**UNDERSTANDING  
THE BORDERLINE  
PERSONALITY**

**JEROLD J. KREISMAN, M.D., & HAL STRAUS**

Kreisman, Jerold J., M.D. and  
I Hate You, Don't Leave Me



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"AM I LOSING MY Brain?" People who have Borderline Character Disorder experience such violent and frightening disposition swings that they often times fear because of their sanity. Kreisman and health writer Hal Straus give much-needed professional advice, assisting victims and their families to understand and cope with this troubling, shockingly widespread affliction. Jerold J. However now, for the first time, Dr. There are an estimated 10 million sufferers of BPD living in America today -- each displaying remarkably similar symptoms: a shaky sense of identity unexpected violent outbursts oversensitivity to actual or imagined rejection short, turbulent love affairs frequent periods of intense depression eating disorders, drug abuse, and other self-destructive tendencies an irrational fear of abandonment and an inability to end up being alone For years BPD was challenging to describe, diagnose, and treat. They can be euphoric one instant, despairing and depressed the next.



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I actually was recommended this by my treatment supplier soon after being diagnosed . Absolutely Like This-1 of the Couple of REAL BPD Books I've been diagnosed with BPD and (c)PTSD since i was in my teens.. I was recommended this by my treatment supplier shortly after being identified as having Borderline & It doesn't know what it really wants to end up being or who its viewers is certainly. I've been really struggling recently and decided to order the book because I couldn't find my old copy. The information in it is incredibly beneficial, I actually suggest it to the individuals I work with now if they are diagnosed or somebody is thinking they possess that diagnosis & I often get the same opinions that I gave when I examine it. Large functioning BPDs are considerably more difficult to deal with, if not difficult. which it might be to some friends and family, but, i (most bpd) try to go over the top and beyond for others in a great way. moving that Demi Lovato even wrote a song (actually known as I Hate You, Don't Leave Me) after reading it to comprehend herself. For the record, I've not read the book yet. actually people who just need to know even more.. What one should be aware of is normally there are high functioning BPDs and low functioning BPDs, and many "in-betweeners". My 5 celebrity rating could transformation once I have. this is mostly of the books on BPD i in fact really like, or love even, since it actually talks about borderline as it Is really. splitting; idealization and devaluation; and many more were characteristic of my period with her. I felt the book might have been a whole lot shorter and even more properly framed like this: for those who have BPD, go through this, if you know someone who has BPD, browse this, in case you are trying to learn this for a school project, read this. just simply because described and arrived super fast We chose BPD because We didn't know a whole lot about it, and this is among the books I used to study it. i recommend this book I have shown indicators of BPD for so long as I could remember, and was diagnosed with it a few years ago, this publication has given the most helpful information out of all the materials that I've read, and also helps to break it down in terms you may understand. The advances in psychotherapies and even in medicine (though no medicines are specifically indicated for BPD) are helping many borderlines alleviate their symptoms, develop healthier associations, achieve some degree of remission, and lead lives nearer to normal, and display great expect the future. we are not evil people, nor are we narcissistic. As I progressed through this book, I often wondered what it could have been like had We stayed in the relationship with my ex, knowing about the many coping methods like SET-UP, and working through family therapy with her (my ex was seeing a therapist at that time we were jointly, but she told me it had been for depression and nervousness, not BPD; This qualified prospects to a lot of repetition, almost such as this chapter was for just one audience, now right here it is, same info, but framed up for a different audience. Maybe if I had been a little more patient, a little more firm at maintaining boundaries, and definitely a little more supportive and empathic, we might have been in a position to attain a longstanding, happy relationship. One very last thing: if you're the sort who stops reading the publication in the last chapter and doesn't venture into reading the appendices of a book, you might want to break from that routine for this book. Appendix B offers a great dialogue of how the borderline personality disorder diagnosis evolved. Certainly worth reading. Whether you're a student of psychology, a practicing therapist, a borderline struggling to avoid the discomfort, or a member of family or romantic relationship partner of a borderline, you will find "We Hate You, Don't Keep Me," an informative, helpful source in stopping the discomfort of this terrible disorder. The SET-UP technique explained by the writer could certainly have helped me address my ex's episodes better and even more proactively than gearing up for fight and, ultimately, walking aside. An excellent, informative book (together with his second publication on BPD) for those who have a BPD in their life. i highly recommend this

book, as it is educational, and not simply for BPD cases It's okay, it's an excellent primer on BPD, some dated positions, some repetition I took an irregular psychology class and we had to accomplish a semester project / report on a specific disorder."But I also didn't find out about the methods family and others in relationships with a borderline can cope with the borderline's behavior. For somebody getting into this fresh, you may be trying to understand someone you care about, or yourself, it's okay. I think there could be some better resources out generally there, but this seems to be the gold regular. My only complaint with this book is it was just a little unrefined. I could honestly let you know this book changed my life. I pieced jointly that she acquired BPD following the relationship ended). We walked about eggshells constantly, always either in fight during her rages or, feeling like her happier moments were merely cease-fires whose duration were always short and correctly expected to be so. I bought another one for a gift I would definitely recommend this reserve. Overall, it can help take someone understanding nothing approximately BPD to knowing a lot and having more of an ability to manage it, or manage relationships with people that have BPD. Perfect thank you That is ESSENTIAL reading for anyone struggling with BPD I cannot day enough about how exactly much this publication has changed my entire life. and over, and over, and then once more.. It allowed me to observe some strategies for talking to them during black and white considering. projection; And "I Hate You, Don't Keep Me" discusses these quite thoroughly and optimistically. this book is ideal -to me- because they don't make BPD into a "walking on egg shells" issue. It's so well written & we dread rejection and the easiest (to you) things such as eye movement at "incorrect" (if you ask me) time can mean rejection and fear, therefore the wall falls and anger is certainly my wall. Interesting It's a good read but I don't trust a lot of the definition or good examples given. i don't wish to end up like this, and i think this book shows perfectly the reasons and gives amazing details and comparisons so non-BPD people can hopefully understand us a little more. there is so much more fine detail to who we are, i am not the spokesman for BPD but speaking for myself there are therefore many things i wish i possibly could do and/or change approximately who i am both within BPD and beyond it. I assume each of us are different. But you can get over bpd and lead a quality life. Great book just what i wanted. I recommend it to providers, those who have loved ones that have a problem with BPD, those diagnosed with BPD, & self-harming; Not long ago i got out of a relationship with a man of almost 30 with BPD. He didn't understand he had it. My psychiatrist suggested the reserve - maybe as part of my recovery from the partnership? Maybe to help me better understand my ex and what happened certainly to me? It's already helping me so much. Have not browse yet. More Empathy My very best friend and her daughter are both Boarderline which gave incredible insight into a very difficult to love and complicated personality disorder. So beneficial but understandable. I related to every single detail in the book. Two excellent books to consult are the recent "YOUR BODY Keeps The Score" by Bessel Van Der Kolk, M. I highlighted most of the book. It was the very first time I actually read something that made me say "omg that is me, I'm not only crazy". I experienced no idea that there is a revised version, I again read it cover to cover your day I received it. I'll leave a legitimate review in due time. This book is truly existence changing for me even now this second time around each one of these years later. It helped me open conversation with my doctor and family as well. A must go through for just about any one with BPD Best publication ever for anybody with a Mood disorder Very good book BUT.. Now I understand why I walked on eggshells for so long We was once in a romantic relationship with a woman who exhibited all the indicators of borderline character disorder (BPD): uncontrollable, inappropriate anger;... additionally, there are suggestions for dealing with daily issues along with talking to someone

who has BPD to resolve problems and find out what's happening, and how to improvement. impulsivity; People seem to either relate to it a whole lot or issue the symptoms which is helpful in being able to tell your provider WHY you do not think it matches your behavior. Also the dividing line between BPDs and those with Narcisistic Character Disorder is a very slim one and the Narcisitic category can be a bear to deal with, both by therapists in addition to friends and family. I sat generally there in an exceedingly public bookstore and came to the realization that I acquired Borderline Personality Disorder.D. and the faculty textbook "Traumatic Stress" edited by Bessel Van Der Kolk and others (look for a cheap used copy of this usually expensive book....I found one for about 10 dollars that was in excellent form).I also disagreed with some of the stances of the book, I think it has some dated positions, but overall, it's okay. 14 years ago I sat on the floor in a bookstore and browse the first edition cover to cover and cried my eyes out. If you or a loved one have bpd you will need this book. fast delivery!We ended the partnership, believing my ex to end up being an evil reptilian person who didn't know the meaning of the word "empathy.



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