

The National Bestselling Classic  
Completely Revised and Updated

# I Hate You—

## Don't Leave Me

Understanding the  
Borderline Personality

Jerold J. Kreisman, MD, and Hal Straus

Jerold J. Kreisman

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



[continue reading](#)

A revised and updated edition of the bestselling instruction to understanding borderline character disorder. Both pharmacological and psychotherapeutic advancements indicate real expect success in the procedure and understanding of BPD. After more than two years as the fundamental guide to Borderline Character Disorder (BPD), this fresh edition now reflects the most up- to-date research which has opened doorways to the neurobiological, genetic, and developmental roots of the disorder in addition to connections between BPD and substance abuse, sexual abuse, Post-Traumatic Tension Syndrome, ADHD, and consuming disorders. This extended and revised edition remains as accessible and useful as its predecessor and can reestablish this book as the go-to supply for those identified as having BPD, their family, friends, and colleagues, as well as professionals and students in the field.



[continue reading](#)

I was recommended this by my treatment company shortly after being diagnosed . It allowed me to see some strategies for speaking with them during black and white thinking.. I was recommended this by my treatment company shortly after being identified as having Borderline & "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. I walked on eggshells constantly, generally either in combat during her rages or, feeling like her happier occasions were merely cease-fires whose duration were generally short and correctly expected to be so. The information in it is incredibly important, I actually suggest it to the individuals I work with now when they are diagnosed or somebody is thinking they have that diagnosis & I assume each of us are different. People appear to either relate with it a whole lot or query the symptoms which is helpful in being able to tell your company WHY you do not think it fits your behavior. It's therefore well written & It's already helping me so much. I highly recommend it to companies, anyone who has loved ones that struggle with BPD, those diagnosed with BPD, & And "I Hate You, Don't Leave Me" discusses these quite completely and optimistically. I acquired no idea that there was a revised version, I again read it cover to cover your day I received it. impulsivity; self-harming; I bought a different one for a gift I'd definitely recommend this publication. I'll leave the best review in due time. idealization and devaluation; and much more had been characteristic of my time with her. It was the 1st time I actually read a thing that made me state "omg that is me, I'm not just crazy". We ended the partnership, believing my ex to be an evil reptilian one who didn't know the meaning of the term "empathy. I can honestly let you know this reserve changed my life. I found 1 for about 10 dollars that was in excellent shape). Also the dividing range between BPDs and the ones with Narcissistic Character Disorder is an extremely thin one and the Narcissitic category is normally a bear to deal with, both by therapists in addition to family and friends. even individuals who just need to know more. As I progressed through this book, I frequently wondered what it could have already been like had We stayed in the partnership with my ex, knowing about the various coping methods like SET-UP, and functioning through family members therapy with her (my ex was seeing a therapist at that time we were collectively, but she explained it was for depression and nervousness, not BPD; I pieced together that she experienced BPD after the romantic relationship ended). I experienced the book could have been a lot shorter and even more properly framed such as this: should you have BPD, browse this, if you know someone who has BPD, read this, in case you are trying to read this for a school project, read this. One last thing: if you're the sort who stops reading the book at the last chapter and doesn't venture into reading the appendices of a book, you might want to break from that schedule for this publication. Appendix B provides a great conversation of the way the borderline character disorder diagnosis evolved. Certainly worthy of reading. Whether you're a student of psychology, a practicing therapist, a borderline struggling to stop the discomfort, or a family member or romantic relationship partner of a borderline, you will see "I actually Hate You, Don't Keep Me," an informative, helpful resource in stopping the pain of the terrible disorder. I highly recommend this book I have shown symptoms of BPD for provided that I could remember, and was identified as having it a couple of years ago, this publication has given the most helpful information out of all the materials that I've browse, and also really helps to break it straight down in terms you may understand. additionally, there are suggestions for coping with day to day issues along with talking to someone who has BPD to resolve problems and find out what's happening, and how to progress. I highlighted the majority of the reserve. I chose BPD because I didn't know a whole lot about it, which is one of the books I used to study it.. It helped me open communication with my doctor and family as well. 14 years ago I sat on the floor in a bookstore and browse the first version cover to cover and cried my eyes out. fast delivery! This qualified prospects to a lot of repetition, almost like this chapter was for one audience, now right here it is, same info, but framed up for a different viewers. Maybe easily had been a little more patient, a little more firm at keeping boundaries, and definitely a little more supportive and empathic, we may have been able to achieve a longstanding, content relationship. I also disagreed with a number of the stances of the book, I think it has some dated positions, but general, it's okay. Overall, it can help take someone understanding nothing on the subject of BPD to knowing quite a bit and having more of an capability to manage it, or manage relationships with folks who have BPD. More Empathy My finest friend and her daughter are both Boarderline which gave incredible insight right into a very difficult to love and complicated personality disorder... and more than, and over, and once more. Perfect thank you That is ESSENTIAL reading for anybody struggling with BPD I cannot day enough about

how much this book has changed my entire life. we aren't evil people, nor are we narcissistic. this book is perfect - to me - because they don't really make BPD into a "walking on eggshells" issue. which it might be to some family and friends, but, i (most bpd) make an effort to go over the top and beyond for others in a great way. just simply because described and arrived very fast there is so a lot more detail to who we are, i am not really the spokesman for BPD but speaking for myself presently there are so a lot of things i wish i possibly could do and/or transformation about who i am both within BPD and beyond it. i don't desire to be like this, and i believe this book shows perfectly the reasons and gives amazing information and comparisons so non-BPD people can hopefully understand us a little more.. I often get the same responses that I gave when I browse it. But you can get over bpd and lead an excellent life. D. For the record, I've not read the reserve yet. My 5 star rating could switch once I have. Not long ago i got out of a relationship with a guy of almost 30 with BPD. He didn't understand he had it. I've been really struggling recently and made a decision to order the publication because I couldn't find my old duplicate. Maybe to greatly help me better understand my ex and what happened to me? splitting; Great book just what i wanted. this is one of the few books on BPD i actually enjoy, or love even, because it actually talks about borderline as it is really. My only complaint with this publication is it was a little unrefined. I sat right now there in an exceedingly public bookstore and came to the realization that I had Borderline Personality Disorder. I related to each and every detail in the publication. i highly recommend this book, since it is interesting, and not just for BPD cases It's okay, it's a good primer on BPD, some dated positions, some repetition I took an irregular psychology class and we'd to do a semester project / report on a specific disorder. My psychiatrist suggested the publication - maybe as part of my recovery from the relationship? Now I am aware why I walked on eggshells for such a long time I actually was once in a relationship with a woman who exhibited all the symptoms of borderline personality disorder (BPD): uncontrollable, inappropriate anger; moving that Demi Lovato actually wrote a song (literally called I Hate You, Don't Leave Me) after reading it to understand herself. This publication is truly life changing for me nonetheless this second period around all these years later. I think there could be some better resources out now there, but this seems to be the gold standard. A must go through for any one with BPD Best book ever for anyone with a Mood disorder Very great book BUT.... Interesting It's a good read but I don't trust a lot of the description or examples given. For someone coming into this fresh, perhaps you are trying to understand a loved one, or yourself, it's alright. An excellent, informative book (together with his second reserve on BPD) for those who have a BPD in their lifestyle. What one must be aware of is definitely that there are high functioning BPDs and low working BPDs, and many "in-betweeners". Large functioning BPDs are somewhat more difficult to deal with, if not impossible. The advances in psychotherapies and even in medication (though no medications are particularly indicated for BPD) are helping many borderlines alleviate their symptoms, develop healthier relationships, achieve some extent of remission, and lead lives closer to normal, and display great hope for the near future. Two exceptional books to consult will be the recent "YOUR BODY Keeps The Score" by Bessel Van Der Kolk, M. Have not examine yet. So educational but understandable.. Absolutely Like This-1 of the Few REAL BPD Books I've been identified as having BPD and (c)PTSD since i was in my teens.. The SET-UP technique defined by the author could certainly have helped me address my ex's episodes better and even more proactively than gearing up for fight and, ultimately, walking away. projection; and the faculty textbook "Traumatic Tension" edited by Bessel Van Der Kolk and others (search for a cheap used copy of the usually expensive book. In the event that you or a loved one have bpd you need this book. It doesn't know what it wants to end up being or who its viewers is. we fear rejection and the most simple (for you) things such as eye movement at "incorrect" (to me) time can mean rejection and fear, therefore the wall structure falls and anger can be my wall.



[continue reading](#)

download I Hate You--Don't Leave Me: Understanding the Borderline Personality epub

download I Hate You--Don't Leave Me: Understanding the Borderline Personality txt

[download free Brazilian Sexy: Secrets to Living a Gorgeous and Confident Life epub](#)

[download Atypical: Life with Asperger's in 20 1/3 Chapters e-book](#)

[download free Style Eyes mobi](#)