

**MARGALIS FJELSTAD**

**STOP**

**CARETAKING**

**THE** **BORDER  
LINE**

**OR NARCISSIST**

**HOW TO  
END THE DRAMA**

**AND GET ON WITH LIFE**

Margalis Fjelstad

## Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life



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People with Borderline or Narcissistic Personality Disorders are grasp manipulators; This book helps Caretakers break through the cycle and puts them on a fresh path of personal freedom, discovery, and self-awareness, through the use of real stories and useful suggestions from a practiced therapist. Caretakers fall for them each time.



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That is worth 10 Superstars! This book gives you the steps you need to control yourself and realize the damage you are letting the Borderline Character Disordered/ Narcissistic perform to your psyche. This reserve has forced my eyes open in a manner that 7 years with my therapist cannot do. eye starting! I am shocked at all of the connections I by no means made and dismayed at just how much I still have to change but I will do the effort ahead. Dysfunction provides affected at least 4 generations, I want the buck to stop with me so my kids have a better role model. Helpful, with one giant flaw -I wish the writer addressed Narcissist discard! Based on my personal experience, work with therapists, and a lot of research the author ignores the '1000 pound elephant' in the area. Thank you Nathalie Fjelstad Awesome book! I'm much less sure about Borderlines, but with my narcissistic husband, when I refused to be "enmeshed," and attempted to do stuff that were vital that you me and collection boundaries he left. Furthermore, a healthy relationship\* Does not drain the additional, but gives the other energy,\* Helps each other feel tranquil and\* Makes the various other feel wanted and cared for. This is among those rare books that I wish was available decades ago. . Before he drove off his chief problems could have been lifted verbatim out of this book. In case you have or acquired controlling parents, boyfriend, girlfriends or boss, then this publication is for you. I was selfish. (recommend), and have today found Prevent Caretaking. I didn't drop everything to talk when he required it and he said things like, "I've been upset for a long period and you haven't actually noticed. Pay attention to Your Gut and Examine this Book If anyone has hurt you emotionally, physically or mentally on a continued basis and you're trying to choose whether to leave or not, then this publication is for you personally. Again, if you ask me and opinion, it really is virtually impossible to follow the guidance in this book-which you however should follow-and stay static in relationship with a Narcissist because they don't allow it. I'll definitely read the book again and also have suggested it to friends who are unfortunate enough to possess Narcissistic parents." He got his revenge by discarding me. Should you have still left an abusive person, then this publication is for you personally. We didn't believe as you. This book could also be helpful if you are or possess been associated with an alcoholic or addict. The writer does an excellent job at the describing these abusive people, how exactly to let go of them and how exactly to rebuild your daily life. A bonus is that the author clearly defines what things to appearance for in a wholesome relationship. The following is my summary, however the author's ideas. A real relationship is founded on each individual giving the additional approximately the same amount of energy as the additional receives. Whether this energy is in the form of attention, invitations, gifts, advice, help, or understanding does not matter. This is known as reciprocity. But this book felt completely eye opening, with a lot of at times uncomfortable insights into my own personality as somebody who attracted and allowed for many years a BP/NP. Perhaps I will say "good riddance" but it was a brutal shock, especially the way he left. Insightful and well written After reading a couple other books about borderline and narcissist personality disorders, I thought We was starting to understand. A healthy relationship is\* One that is nurturing one to the other,\* Fulfills the relational needs of every person and\* Attends to the passions and desires of each other. The person is fully gone from my life now, but I am still likely to finish the reserve. Could be a lifestyle altering read. and win yourself back. Breathing a sigh of relief! I have read many books on this subject as I was in a codependent romantic relationship with the subject matter. it will open your eyes from what your real choices are. Important thing, I was getting "disabled" I finally had the power and clearness of mind to tell him to strike the road. I refused to be treated rudely anymore. Refuse to be embarrassed any longer. I had dropped myself d/t his continuous mentally battering of me. Your daily life doesn't have to be this way. . . however when

you are in it, it's so difficult to use of it. Having been elevated in a family with a borderline/narcissist mother, and an enabling father, I have already been in denial most of my lifestyle about how dysfunctional our existence was. Stop strolling on egg shells. No-one deserves this type of treatment. You can't repair them. clear and helpful very helpful Life changing Bought this reserve for many friends, and use myself DON'T miss this reserve when you have a borderline or narcissist in your family. . nevertheless, you can rescue yourself, from total destruction of your character, self esteem and raise your self-confidence. Even today, almost a year later on, I have no idea where he is. I've got people recommend books if you ask me, failing to mention they are highly-religious books. Great publication for understanding the Narcissist My mother is a Narcissist. . . Best reserve for the "victim" in a Borderline Personality Disorder/ Narcissistic Relationship. Anticipate to take a good critical appearance at yourself and perhaps begin the work to change. I was getting disabled, by staying with him. So many parts of this reserve were meaningful if you ask me. because i didn't trust something trivial. Supportive and helpful I'm a psychotherapist who uses this reserve to help people emerge from these troubled human relationships. It's ery helpful for people who possess made the decision to part methods with a borderline or narcissistic partner and have to understand their part in the dynamic. I could have eliminated all sorts of self-defeating means of thinking ages ago, if this publication was available then -- and if I had been ready to accept the communications it contains. Great read! Either being in an extended term relationship or just getting around a BP/NP person this reserve really highlights some very true issues. Also it gives great insight into dealing with those problems and living g an improved life. If you start taking these very healthy, life affirming steps generally there is an excellent possibility the Narcissist will discard you. He came home one day, loaded up a U-haul and drove apart. "Stop Strolling on Eggshells" is an improved match for family or people who choose or have to survive a continuing connection of this sort. lose your depression. I came across this at age 34 and also have begun healing from the emotional misuse by using a therapist and reading books about the mental disease. I began with Toxic Parents (a good, general starter book), after that Will I Ever Be Good Enough? I didn't consider his needs significantly. Stop Caretaking is a detailed, well-written, easy-to-read book about both Narcissism and BPD. It opened my eyes to the chance that my mom can be BPD. I first got the publication from the library, so when I was finished, it had been filled with a huge selection of Post-It notes. Finally, I can possess my own opinion, without having to be yelled at, outings ruined, and him driving aside yelling Kiss my ---! Because I came across the book helpful, I bought my very own duplicate and transferred every single Post-It. The author REALLY needs to spend additional time addressing Narcissistic discard because it is a very real risk and if you have been a Caretaker for a long period as I have you're not ready for it. Important for me to notice, all three books I've recommended are secular. . Granted, as a recovering Caretaker, I was prepared to hear the whole truth about how dysfunctional I got become and how much function is before me to repair myself rather than the other people in my own life, but this publication got into every nook and cranny of dysfunction and known as it what it had been. Very helpful and practical guidebook with dealing with the difficult people in your daily life. This is the only book that described to me what was taking place to ME, because of my relationship with a mental ill guy. A great buy Very good book. Plenty of very interesting info. A great handbook for reference. . This book is fabulous. It really is filled with truthful, helpful details while adding some humor that's desperately needed. I have suggested and bought this book several times now.



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