

loving someone with bipolar disorder

SECOND EDITION



Understanding
& Helping
Your Partner

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Loving Someone with Bipolar Disorder: Understanding and Helping
Your Partner (The New Harbinger Loving Someone Series)



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We've found that the strategies inside are necessary to managing the illness and maintaining a content home. It's good to read a few books for the individual with bipolar disorder (I recommend *Welcome to the Jungle*) but this publication gets me. She stated it had been a life boat for her. I had to place it down a few times because it was all way too much. That being said, I appreciate the breadth and depth of knowledge in this publication. Detailed plans for dealing with your partner to come up with a strategy to remain well and sample scripts for everything including how to deal with unsupportive friends and family (which thankfully we don't possess). And usually the reminder that I must take care of myself first and that deciding to leave is alright. Honestly that was reassuring; hearing that yes that is a terrible situation and leaving just because a partner with bipolar disorder is unwilling to obtain help is okay. Plenty of tools to help navigate the right path through this rollercoaster ride of a disorder, that are practical and very useful. xoxoxoxoxo Finally a book that helped! I came across doing a number of the exercises by myself was really helpful in sorting out a few of my feelings and I did try a few of the techniques in communicating with my husband. TL;Dr: in the event that you only read 1 book about bipolar disorder as family members or friend of someone with bipolar disorder, produce it this one. This book can help I was recommended this reserve by way of a friend who experienced the process of figuring out how to live with and help her cherished one while keeping her sanity about her. Very useful book for both mental medical researchers and the lay person.! Which means this book provides wish inside the despair that many feel. This publication helped me to comprehend bipolar circumstances, behaviours, causes and how exactly to help my boy to understand his condition. It is quite structured and asks such basic questions as so how exactly does the illness affect the few and how can they work together to cope with it. It encourages journaling -- that i find is problematic for patients to do -- and it develops agreements between companions about coping with some of the more daily difficult aspects of bi-polar disorder, such as aggression and irritability. I've adopted my son's psychotherapy sessions for years, with several psychologists, no one in america helped me to understand his condition and recommend me to help me and my child with a book such as this along psychotherapy sessions. The fundamental message is certainly that the ill person has to take charge of the illness, be self responsible and do everything they can to recover as much as possible, because if indeed they don't the relationship will founder. The sad the truth is that over 90% of marriages split up.. Julie takes the path less traveled and explains how to live with those experiencing Bipolar disorder. My son is unable to fully acknowledge his Bipolar II condition diagnostic, quite nicely described by the authors upon this book. A lifesaver My husband was recently diagnosed with bipolar disorder which is by much the best reserve for spouses/significant others that I've read. Divorce prices and broken homes aren't a rarity when this illness is included. John Preston PhD is well known as a clinician who's an expert on bi-polar disorder. My ex boyfriend had Bipolar. Therefore. While it helped me understand them better it needless to say only tells you how to handle the points you can control. Overall... In addition, it allows your partner to be able to identify when a disposition swing is arriving on. Close to the end of the publication you really make the decision you to ultimately stay or leave. It gave me some wish and understanding better how exactly to improve my son's conditions and standard of living. My best friend is usually bipolar and it has gotten worse every year. I've recommended to other parents. you can't get lost in the disorder. Strongly recommended to any family members having a relative or a loved one with a bipolar conditions I am father with a bipolar adult child. I am a marriage and family therapist and have been using a few of the material in this reserve to utilize couples where

one partner is definitely bi-polar. I am in the center of this process.. However, this publication is best used when both the individual and themselves are reading it. This is the only book that addresses what it really is like from somebody who is friends/family with a bipolar disorder. It has useful chapters about partners who deny the diagnosis, and who don't/won't take medication. Finally we found a source that helps us caregivers understand the situation and respond appropriately. We bought this book and gave copies for all family members and we are heading from desperation, to understanding and managing behaviours for us, in our midst and my child, to improve our quality of life. Thank you This does put things in a different light and can definitely have the ability to help. However gets better to understand that he may do something to control his quality of life. But even while a parent of an adult, this reserve was SO very helpful. above all you care for YOU first. All the various other books I read talk about what happens when your friend/family members member views a therapist. I attempted the self journal exercises and saw immediate results. After the exercises, I noticed how I had given up my power and even hope of positive change. Despite the fact that my bipolar friend did not read the book or do the self journal exercises, in some way she understood and treated me better because, on that "bipolar wavelength," she understood I had not been going to put up with her "irrational irritability" any more.! I don't think that this can last, but I feel that I am performing my part. This book saved my marriage! This book is written like no other self help book I have ever read (and I've read a whole lot :) The mystery of the bipolar illness almost ruined a loving marriage / family.....this book was recommended if you ask me by an angel in my bipolar support group, and it saved our life together as a family. The ups and downs of this disease no longer wreak havoc with this interactions because we understand them from the point of watch of the individual AND the family members...it was good with techniques and bad with techniques...I HIGHLY, RECOMMEND!!! This an extremely helpful book for both the professional and the lay person.!! I think bipolar people possess some kind of "psychic hotline" that tells them when you are onto them. I'm extremely disappointed in this purchase because of the false advertising. I have yet to sit back with my hubby to focus on the exercises in this book but as this book was just suggested by his bipolar outpatient plan I'm hopeful that he'll browse it and then we can begin. (For spouses but worked well because of this parent) This book is written for spouses and partners. This is actually the only book that addresses what it is like from somebody who is friends/family with a bipolar disorder. It seems that psychology remedies for patients is definitely misguided and biased on a "one to one periods" and the average person, and should consist of at least 20 % of sessions to compare advances and setbacks with parents. A sigh of relief as I finally discovered an writer who understands and assists those folks in the trenches of caregiving. We actually needed this book.. Not a good product to purchase Within one day the case broke in multiple places once the description said it had a lifetime guarantee.! I congratulate the authors and strongly suggest it to any family with users with bipolarity circumstances. I could see how the program and journal will be a very useful tool. Five Stars great info My favorite book on bipolar diaorder up to now Love this publication! It can help not only individuals that like us with bipolar but us with this disorder as well!! Some great tools but. There is some excellent information in this book..... That's why I've the courage to stick it out for some time (but not indefinitely). Despite what some testimonials say, she actually is NOT pressing a holistic treatment solution ONLY. Each and every time she talks about the holistic treatment solution, she also discusses the significance of regulating medicines. The holistic part of this is definitely engaging your brain and learning to be accountable for your behavior. great book and great tool for anyone who is

living with or wedded to somebody with Bi-polar. That's it. However, it is obvious that this book was written by someone with bipolar disorder because she would go from offering practical tools to interjected her very own "pity party" into the publication. There was A LOT of "your lover is helpless from this disorder", "you will have to be their caretaker from now on", "kind of stuff that didn't sit down well with me at all. Especially when it was put correct in the middle of some rational thought out explanations. Helped me through coping with a hard relationship w somebody with Bipolar disorder.. It is written with a delicate approach that eliminates the GUILT that comes additionally illness... Wish in the Despair of Bipolar Disorder This book has literally made the largest difference for my children.. Very much like Bipolar disorder itself. And then follow up with Welcome to the Jungle because it can make you laugh which you desperately need. It's been an emotional encounter reading this publication as I recognized how many of the symptoms and behaviors my hubby was showing and also the types I was experiencing. I echo her sentiments.



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