

**"A Must-Have Book ..."**

— **RANDI KREGER**

*Author of Stop Worrying and Start Living*

**B**ORDERLINE

**P**ERSONALITY

**D**ISORDER

**TOOLBOX**

**A Practical Evidence-Based  
Guide to Regulating Intense Emotions**

**JEFF RIGDENBACH, PhD, LPC**

*Bestselling Author of The CBT Toolbox*

**100 TOOLS**

**TO CREATE  
A HAPPIER LIFE**

Jeff Riggerbach

Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide  
to Regulating Intense Emotions



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-Do you constantly have a nagging tone of voice in the rear of your mind letting you know someone you care about is going to leave you, and that you'll never be able to make it in life without them? -Do you feel misunderstood? -Do mood swings hit you quickly and intensely? -Can you love your partner with all of your heart and passionate intensity one second, and hate them as much only an hour later on? -Are you vulnerable to getting the "buttons pushed" more regularly than others? CONGRATULATIONS TO JEFF RIGGENBACH AND BORDERLINE PERSONALITY DISORDER TOOLBOX ON FINISHING While A SILVER FINALIST IN BOTH PSYCHOLOGY AND SELF-HELP AT THE 2017 IBPA BENJAMIN FRANKLIN AWARDS! If the solution to the majority of these queries is "yes," it is likely that you possess borderline personality disorder, or BPD. And good news -- BPD is a highly treatable disorder. But there is hope. Drawing from a number of evidence-based methods, the Borderline Personality Disorder Toolbox can be a real-world self-help workbook. Escaping generalizations and stereotypes, this full guide is filled up with practical explanations, alongside over 100 worksheets and activities to boost behavior. Highlights include: -Empower yourself so others can't push your buttons -Guidelines to handle intense feelings -Retrain the human brain to constructively deal with distorted thoughts -Take control of your emotions before they take control of you -Tools to produce a happier, healthier and more productive life!



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Very helpful to me, AS A Sufferer of BPD! Very beneficial book teaches true existence practices Very useful book teaches true life practices Best! This reserve is very practical, checked it out of the library first, and then decided to use it as a workbook and consider it to therapy to greatly help facilitate more helpful dialogue than I've had in the past. The writer is quite passionate in assisting others and educating counseling specialists, it really is an empowerment for both the client and the individual providing therapy. Also found that doctors responded better when I filled out the pages and copied them and offered them to the therapist at the beginning of the session. I've had only 3 steady 30 year relationships, which reserve helps when I need to appearance at myself from a family members perspective and consciously modify my behavior. Also, I was able to recognize that Bi-polar meds had been my most severe enemy and I will ramp it back and only use only one anti-depressant or one anti-anxiety (to rest when overly stressed), rather than obtain hooked into big time meds like Haldol, lithium, etc, which don't help me and actually make things much worse. Good luck to victims and family members...! Good workbook. Probably the most helpful resource if its kind! That is a great source for psychoeducation and complicated sufferers with BPD. I love the worksheets and explanations throughout this toolbox. Right now, they are planning to purchased this reserve and use it to help their families understand BPD. It offers helped several of my individuals since I purchased and used the information. BPD USEFUL I love having this book readily available, gives you information, insights, and perspectives. A helpful tool for those in the counseling field and for your client As a counselor just entering the field, I found that book was incredibly helpful whenever using those with BPD. The use of DBT has a big part in working with those fighting its symptoms. I found it very useful, I understand my limitations and I can look and work through certain areas of this publication if specific behavior crops up during stressful times. Great Job Jefflits a long hard road. Again, a great purchase. When my BPD becomes overwhelming, I refer back again to this book and execute a few pages on a separate piece of paper. I was severely sexually and physically abused seeing that a kid and went through a few years of therapy before getting diagnosed with BPD. Great new helpful info Educational. Workbook. Great resource for psychoeducation and even more. Educational. Five Stars Great book very happy but didn't obtain it in two days. A Must-Have for clinicians, client, and families! Awesome purchase.



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