

Download Talking To A Loved One With Borderline Personality Disorder Communication Skills To Manage Intense Emotions Set Boundaries And Reduce Conflict

In this compassionate guide, Jerold Kreisman—author of *I Hate You, Don't Leave Me*—offers a powerful set of tools to help you express yourself, set boundaries, and cultivate healthy communication with a loved one who is diagnosed with borderline personality disorder (BPD). Your BPD loved one likely has a range of intense emotions which compel him to say things that feel unkind, unfair and even cruel at times. Recognize your BPD loved one's reality: he has a mental disorder. His extreme feelings are highly changeable, as you have seen over and over. They are so changeable because your loved one has BPD, and because they are. The SET method allows you to honestly address your loved one's demands, assertions or feelings, while still maintaining appropriate boundaries. Because each step builds on the last, it is important to do these steps in order. Title: Talking To A Loved One With Borderline Personality Disorder Communication Skills To Manage Intense Emotions Set Boundaries And Reduce Conflict - marketsquareevents.com, Talking To A Loved One With Borderline Personality Disorder Communication Skills To Manage Intense Emotions Set Boundaries And Reduce Conflict.

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