

Summary of Michelle Skeen & Wendy Behary's Love Me Don't Leave Me

Borderline personality disorder (BPD) is a complex and often misunderstood mental health condition that can be extremely challenging for both the individuals who have it and their loved ones. In their groundbreaking book, *Love Me Don't Leave Me*, Michelle Skeen and Wendy Behary provide a comprehensive guide to BPD, offering practical strategies and insights for loved ones of individuals with BPD.

BPD is characterized by a pattern of intense emotions, unstable relationships, impulsivity, and self-destructive behaviors. Individuals with BPD often experience extreme swings in mood, from intense love and idealization to anger and devaluation. They may engage in impulsive behaviors, such as self-harm, substance abuse, or risky sexual activities. Additionally, they may have difficulty regulating their emotions and maintaining healthy relationships.

Living with or loving someone with BPD can be an incredibly difficult and stressful experience. Loved ones may feel overwhelmed by the individual's emotional outbursts, impulsive behaviors, and unpredictable nature. They may also struggle to set boundaries or communicate effectively with their loved one.

Summary of Michelle Skeen & Wendy T. Behary's *Love Me, Don't Leave Me*: by Fred Bolder

★★★★☆ 4 out of 5

Language : English

File size : 1419 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 37 pages
Screen Reader : Supported



Skeen and Behary emphasize the importance of self-care for loved ones of individuals with BPD. They encourage loved ones to focus on their own mental health, set boundaries, and seek support from others. The book provides practical strategies for:

- **Understanding BPD:** Loved ones need to educate themselves about BPD, its symptoms, and its impact on individuals. This can help them to better understand their loved one's behavior and respond with compassion.
- **Setting Boundaries:** It is essential for loved ones to set clear boundaries with individuals with BPD. This involves communicating what behaviors are acceptable and unacceptable, and enforcing consequences when boundaries are crossed.
- **Communicating Effectively:** Loved ones need to learn how to communicate with individuals with BPD in a way that is respectful and understanding. This involves using "I" statements, avoiding blame, and listening without judgment.
- **Seeking Support:** Loved ones of individuals with BPD often feel isolated and alone. It is important for them to seek support from others,

such as therapists, support groups, or family and friends.

Recovery from BPD is possible with treatment. There are a number of effective therapies available, such as dialectical behavior therapy (DBT), mentalization-based therapy (MBT), and schema therapy. Loved ones can play a supportive role in their loved one's treatment by encouraging them to seek help, attending therapy sessions with them, and providing a supportive environment.

Love Me Don't Leave Me is an essential resource for loved ones of individuals with BPD. It provides a comprehensive understanding of the disorder, practical strategies for coping with the challenges of loving someone with BPD, and hope for recovery. By following the principles outlined in the book, loved ones can help their loved ones with BPD live healthier, more fulfilling lives.



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Me, Don't Leave Me: by Fred Bolder

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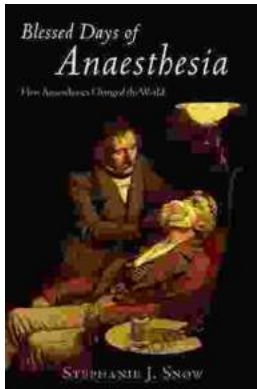
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