

Understanding The Borderline Mother

Christine Comaford

Understanding the Borderline Mother Christine Ann Lawson, 2002-07 The first love in our lives is our mother.

Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a 'make-believe' mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim. A Jason Aronson Book

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Understanding the Borderline Mother Christine Ann Lawson, 2000-09-01 The first love in our lives is our mother. Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a 'make-believe' mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim. A Jason Aronson Book

Borderline Mother David Lawson, 2019-12-27 Have you been deeply hurt by your mother? Did the woman, who should have loved you, nourished you and protected you inflict traumas that still affect your life today? Are you struggling every day to repair the damage that she caused? If you were raised by a BPD parent, your childhood would more than likely have been an unstable and painful experience. Children raised by mothers with borderline personality disorder are at risk of developing the same kind of emotional problems. They may find themselves facing seemingly insurmountable obstacles in order to overcome their parent's dysfunctional attitudes, and it may be necessary to seek professional help to work on such feelings. If you have experienced these issues as a child, you may have low self-esteem or suffer from anger or depression. Recognising that these problems are not a choice, but the consequences of your mother's disorder, is a necessary first step towards healing your emotional wounds. Adult children of BPD parents are often afflicted with so much guilt and such a strong sense of profound obligation and shame that they feel obliged to keep secret all that has happened in the family, even when it is destroying their lives. These people can find it really difficult to share their experiences because mothers with BPD are usually very good at creating the perfect family image for outsiders to the family. I advise you to read this book if any of these symptoms sound familiar: Sudden unexplained anxiety followed by rapid falls into depression. Doubting yourself and your sanity. Mood swings. Endless and repetitive obsessive thinking about your mother. Constantly try to find explanations for what happened. Feelings of powerlessness and despair. A desire to self-isolate. Overwhelming feelings of loss and pain.

Extreme attacks of anger. Insomnia or strange dreams. Many readers can recognize their mothers and themselves in this book. Often the children of borderline mothers are terrified of their attitudes and remain paralyzed by failing to react, others find courage but find themselves without the right tools to face them. Looking for help from friends and acquaintances could not be the best solution, they will try to minimize or simply say that you are overdoing it. Don't take it out on them, they won't understand you because they haven't experienced certain dynamics in their lives. What you need to learn - Understanding the psychological mechanisms of a borderline mother. The main styles of a borderline mother - identify the traits. The serious consequences in adulthood if you don't address these issues. Things you should never do with BPD sufferers/Learn to defend yourself emotionally against them. How to overcome the trauma and begin a healthy healing process. There are many other situations that will be listed within this book. Knowing the right information allows you to contain the damage and avoid unnecessary suffering. The internal dynamics and long-term unresolved traumas can create irreversible damage to your sanity, threatening future emotional and mental stability, so it is important to take immediate action. If you are tired of carrying this weight every day and want to finally make a change in your life this book has been written especially for you. Heal the deep wounds of the child within you. Scroll up and click Buy Now button at the top of this page

Borderline Mother David Lawson, PhD, 2020-11 Have you been deeply hurt by your mother? Did the woman, who should have loved you, nourished you and protected you inflict traumas that still affect your life today? Are you struggling every day to repair the damage that she caused? If you were raised by a BPD parent, your childhood would more than likely have been an unstable and painful experience. Children raised by mothers with borderline personality disorder are at risk of developing the same kind of emotional problems. They may find themselves facing seemingly insurmountable obstacles in order to overcome their parent's dysfunctional attitudes, and it may be necessary to seek professional help to work on such feelings. Adult children of BPD parents are often afflicted with so much guilt and such a strong sense of profound obligation and shame that they feel obliged to keep secret all that has happened in the family, even when it is destroying their lives. These people can find it really difficult to share their experiences because mothers with BPD are usually very good at creating the perfect family image for outsiders to the family. I advise you to read this book if any of these symptoms sound familiar: - Sudden unexplained anxiety followed by rapid falls into depression. - Doubting yourself and your sanity. - Mood swings. - Endless and repetitive obsessive thinking about your mother. - Constantly try to find explanations for what happened. - Feelings of powerlessness and despair. - A desire to self-isolate. - Overwhelming feelings of loss and pain. - Extreme attacks of anger. - Insomnia or strange dreams. Many readers can recognize their mothers and themselves in this book. Often the children of borderline mothers are terrified of their attitudes and remain paralyzed by failing to react, others find courage but find themselves without the right tools to face them. What you need to learn - Understanding the

psychological mechanisms of a borderline mother. - The main styles of a borderline mother - identify the traits. - The serious consequences in adulthood if you don't address these issues. - Things you should never do with BPD sufferers/Learn to defend yourself emotionally against them. - How to overcome the trauma and begin a healthy healing process. There are many other situations that will be listed within this book. Knowing the right information allows you to contain the damage and avoid unnecessary suffering. The internal dynamics and long-term unresolved traumas can create irreversible damage to your sanity, threatening future emotional and mental stability, so it is important to take immediate action. If you are tired of carrying this weight every day and want to finally make a change in your life this book has been written especially for you. Heal the deep wounds of the child within you

Borderline Mothers Kristen Bristol, What if the person who was supposed to keep you safe was also the one who left you doubting your own worth? For many adult children of a parent with borderline personality traits, this question is less a thought experiment and more a quiet, daily ache. The problem? Growing up in emotional whiplash—affection one moment, rejection the next—teaches you to walk on eggshells without ever noticing the cracks beneath your feet. You learn to shrink yourself, to anticipate every shift in tone, to guess rather than speak. And even years later, the old patterns follow you: the guilt that isn't yours, the anxiety that never seems to switch off, the guilt-triggered "yes" that comes out before you understand why. The part few people admit out loud: These patterns don't disappear on their own. They show up in your relationships, your confidence, your boundaries, and even the way you talk to yourself. The solution offered here is simple and direct: Clear explanations that help you finally understand what happened, paired with practical tools that help you loosen the emotional knots you've carried for far too long. Nothing vague. Nothing sugar-coated. Just a grounded approach to reclaiming the parts of you that were never broken—only overshadowed by someone else's instability. What you'll gain through this audiobook This isn't theory for its own sake. Each chapter delivers something you can actually use in real life. You'll learn how to: Spot the patterns that shaped your childhood so they stop running your adult life. Recognize emotional traps that once kept you stuck and now lose their power. Detach from guilt that was projected onto you for years. Respond without overreacting when a parent pushes your buttons. Set limits without feeling like you're betraying anyone. Protect your mental space when a parent uses chaos to pull you back in. Handle manipulation without losing your calm or your clarity. Strengthen your identity after years of being told who you should be. Rebuild trust with yourself, especially around decisions and instincts. Create a future where your emotional stability isn't tied to someone else's mood. Why this matters Because healing doesn't happen from forgiving the past. It starts when you understand it—really understand it—and finally stop blaming yourself for wounds that were never yours to carry. This audiobook gives you a way forward that feels steady, clear, and doable, even if you've tried other approaches before. You'll recognize yourself in these pages, but even more importantly, you'll recognize who you can become once the chaos is no longer steering your choices. If you're ready to stop repeating the

same emotional script—and start writing your own—this is where things begin to shift for good.

The Most Intimate Revelations about Understanding the Borderline Mother Samuel Anning, 2013-04 In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of *Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship*. Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

Missing Kathy Ewing, 2016-04-01 Kathy Ewing knows what it's like to be raised by someone variously sullen, pleasant, angry, demanding, manipulative, engaging, and all the rest—sometimes changing from one mood to the next in a single conversation. In this personal memoir she writes of her memories from my childhood, in rough chronology, showing her mother's troubling behavior—the behavior that mystified her until she found a name for it, until she could put it in the context of Borderline Personality Disorder. The memoir shows how the diagnosis, the wrestling with her history, and the very writing of it have provided some comfort, if not healing.

Borderline Mom Georgiana Wright, 2009-09 This book focuses on one particular group of people affected by the disease: children whose mothers are borderline. The *Borderline Mom* does provide insight into the disease and why borderlines act the way they do. The primary focus of the book, however, is providing everyone with a borderline mother a concrete course of action, which will help you defend yourself from the instability and emotional pain borderlines sometimes cause to those around them. Should you learn to enforce boundaries? Or cut off contact to avoid further pain? The final course of action is up to you, but this book provides you with all the tools to take the optimal course of action if the relationship with your borderline mom is causing you pain.

Surviving a Parent with BPD Melissa Alvarado, 2020-09-03 *Surviving A Parent With Borderline Personality Disorder* On the surface, everything seemed fine. But from my earliest memories I knew something was wrong. *Surviving A Parent With Borderline Personality Disorder* investigates the impact of this devastating illness, but this time, from the perspective of the forgotten victims—the children of BPD sufferers. This book recounts a lonely and traumatic childhood living with a BPD mother. We follow the author's journey from early childhood, through her teen years, and into her adulthood learning of the daily struggles and trauma she lived with. By reliving this difficult journey, the author hopes to shine the spotlight on this ambiguous and often unrecognized disorder to help other families coping with these destructive symptoms. Of the many people that suffer from BPD, a significant number are women and mothers. A BPD mother often experiences difficulty forming the natural bonds with her child developing unhealthy attachment patterns. When untreated, the BPD mother can transform into an emotionally, mentally, and physically abusive individual. Children growing up in this environment live through

traumas that can cause extensive issues forming a healthy sense of self affecting future relationships and ability to succeed in life. Through the memories and experiences the author shares, *Surviving A Parent With Borderline Personality Disorder* explores how to cope with these individuals, how to develop healthy boundaries, and how to overcome the trauma. As a survivor of childhood abuse, the author has a message of hope and positivity to inspire those struggling to come to terms with their experiences

Surviving a Borderline Parent Kimberlee Roth, 2009-12 Those raised by a BPD parent endured a volatile and painful childhood. This book offers readers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person with this disorder. Readers discover coping strategies for dealing with low self-esteem, lack of trust, guilt, and hypersensitivity.

When Your Mother Has Borderline Personality Disorder Daniel S. Lobel, 2025-06-17 Caring for yourself and your relationship with your mom who has BPD. Growing up with a mom who has Borderline Personality Disorder (BPD) is difficult—but it's still possible to have a functioning adult relationship with her. *When Your Mother Has Borderline Personality Disorder* provides you with crucial information for understanding the patterns behind her Borderline Personality Disorder, as well as the tools you need to start your own recovery process. Find ways to reconcile your complicated thoughts and feelings with straightforward and easy-to-use techniques. You'll also discover a number of sample dialogues that give you blueprints for safe and secure interactions in a variety of situations. *When Your Mother Has Borderline Personality Disorder* includes: You, your mother, and Borderline Personality Disorder—Learn why your mother behaves the way she does and how to maintain a relationship with her—without getting hurt. The help you need—Start healing with essential self-care strategies that will help you rebuild your self-esteem, cope with anxiety, protect your family, and more. Research-based tools—Get proven advice based on the most up-to-date approaches for managing a relationship with someone who has Borderline Personality Disorder. Get the help you need moving forward with the compassionate guidance of *When Your Mother Has Borderline Personality Disorder*.

The Stop Walking on Eggshells Workbook Randi Kreger, James Paul Shirley, 2002 This practical guide to living with a person who suffers from a personality disorder, shows readers how to set limits and boundaries, communicate clearly, make realistic decisions, and develop a safety plan.

When your mom has borderline personality disorder Linsy B, 2021-04-29 This book was written for young kids who presently have to live with a mother who does not seem to understand them. It shows them various tips, tricks, and ways of handling various situations. It is also written for adults who grew up in homes where they suffered various forms of abuse from their mothers while growing up. This book will help them to release those pent-up tensed moments and safely begin to recover from the anxiety they may have suffered as a result of their upbringing. It helps the readers learn various ways of not

accepting that they are to blame for the situation and provides guidance on how not to descend into a victims' mentally so that they do not also unconsciously make their kids go through the same experience as they did. Children raised by mothers with Borderline Personality Disorder (BDP) miss out on the healthy, steady, and loving relationship children with regular moms have with their moms. While it is true that there are many reasons while a child may have an unhealthy relationship with her mother, one possible explanation could also be, you were living with a mother that had borderline personality disorder. Adults who grow up with BPD mothers have great difficulty sustaining stable relationships. It's hard, really hard to live with a mom with BPD, because this personality disorder is known for its rigid pattern of unhealthy and abnormal thought patterns and behaviors, and is characterized by chronic instability in mood, behavior, relationships, and self-image. This book was written for young kids who presently have to live with a mother who does not seem to understand them. It shows them various tips, tricks, and ways of handling various situations. It is also written for adults who grew up in homes where they suffered various forms of abuse from their mothers while growing up. This book will help them to release those pent-up tensed moments and safely begin to recover from the anxiety they may have suffered as a result of their upbringing. It helps the readers learn various ways of not accepting that they are to blame for the situation and provides guidance on how not to descend into a victims' mentally so that they do not also unconsciously make their kids go through the same experience as they did. Children raised by mothers with Borderline Personality Disorder (BDP) miss out on the healthy, steady, and loving relationship children with regular moms have with their moms. They develop a wide range of emotional problems that make it difficult for them to overcome their dysfunctional upbringing. These children may struggle with low self-esteem, anger, or depression and find out that they have difficulty getting along with their mothers. If you are one of those kids and have been wondering what could have happened, what went wrong, and if you are to blame in all of these, then, this book is for you. This book shows how heartbreaking the experience of a child with borderline personality disorder can be. The instability, emotional volatility, self-injury, and suicide attempts can be very draining and devastating for the emotions of the child and leave them feeling lost, helpless, and alone. They find that they practically have to live their life walking cautiously, scheming to avoid what's the next inevitable rage and never able to predict what will be the next trigger. This book will talk about all of that and help you recognize that you are not to blame for your mother's behavior, it will aid you toward healing some of your wounds. Translator: Linsy B. PUBLISHER: TEKTIME

BPD Workbooks Stefanie Griffin, 2020-03-07 Are you living with Borderline Personality Disorder? Did you grow up in a home with a parent who has Borderline Disorder? Does it affect your relationship and cause tension or stress? Would you like to learn coping strategies that will help you to deal with the issues you face? Living with any mental condition is hard enough, but when you have to deal with it while trying to have a successful relationship at the same time it can present a whole new set of problems. *Borderline the ultimate guide 2 books in 1* is a serious condition where sufferers can fear

abandonment, have impulsive and destructive behaviors or experience extreme emotional swings. It creates instability in relationships but can be treated. Living with anyone who is narcissistic or who has a borderline disorder is difficult enough. When that person is a parent and someone who you had no choice but to put up with, it becomes even harder. Young lives can be forever affected by their behaviour and it can lead to other issues later on. In this book, *Borderline the ultimate guide 2 books in 1* you can gain a much better understanding of BPD and with it find ways to live a happier life, through chapters that cover: The root causes of BPD The symptoms and the value of early diagnosis Exploding the myths about BPD 8 steps to controlling it Mindfulness interventions and activities Learning how to forgive yourself and others Tips and techniques for building self-esteem Understanding that it is not your fault The importance of individual identity Learning how to say no How to deal with conflict Regaining your trust in others Living up to your own expectations Finding your courage Learning forgiveness And more... The trauma you experienced as a child, growing up in the presence of a parent with borderline disorder, is not something that should define who you are now. instead, you can embrace what has happened, learn from it and use it to move on to a new chapter in life. BPD can be a debilitating and distressing condition. For anyone who has found themselves suffering from it there can seem to be no answer or an end to the destructiveness it brings. But with *Borderline the ultimate guide 2 books in 1* you can find ways to combat the negative feelings you experience and build a much happier and stronger relationship. This is what you deserve, and this book will help you make it happen!

Borderline Disorder John Kirschen, 2020-09-08 This is a 3-book bundle, which addresses various subtopics, including but not limited to these: Book 1: When it comes to Borderline Personality Disorder, many people are left in the dark. They still have questions about what it is, what makes it so attractive to start a relationship with a borderliner, or how it differs in men and women. This guide will not leave you in the dark, however; it will talk about these topics and so much more, such as society's changing view of the disorder, the ages of a borderliner, how they change identities and how medical diagnoses can vary, and the disorder across different races and the two genders. Let's learn more about Borderline Personality Disorder and become aware of which elements in such a person's life play a role in their behavior, their emotions, and their identity. Book 2: What causes someone to have Borderline Personality Disorder? Well, the opinions vary, and each person's life is different, but to point you in the right direction, we'll discuss some patterns and common life events and traumas that can contribute to it. Aside from this, we'll discuss the big question that has often been thrown out there: Is the disorder mostly a feminine disorder or does it happen to men as well? The differences between Borderline and Bipolar Disorder will be indicated also, since many people are confused about those differences. Last but not least, we'll go into specific diagnosis criteria, and the truths and myths about "curing" the disorder with lots of love and pure attention. Book 3: In this guide, the first thing we'll point out is how difficult it is to go through life with a mother or father who has Borderline Personality Disorder. We'll do this by giving multiple examples and discussing them. Second, we'll touch on anticipatory anxiety and

social problems that people with the disorder may have, and the question of whether to openly talk about the disorder with the patients. Third, the matter of attachment will be discussed elaborately, mostly because this is exactly the entire problem that those with traumas and disorders are often being confronted with. We all develop healthy or unhealthy attachments in our youth and form bonds with our family, friends, things, locations, cultural habits, etc. When something goes wrong with the attachment, it messes people up, and it can have dire effects. Learn more about these things now. Get the book!

Understanding and Treating Borderline Personality Disorder John G. Gunderson, Perry D. Hoffman, 2005 Offers both a valuable update for mental health professionals and much-needed information and encouragement for BPD patients and their families and friends. The editors of this eminently practical and accessible text have brought together the wide-ranging and updated perspectives of 15 recognized experts who discuss topics such as: new evidence for the success of various forms of psychotherapy, including Dialectical Behavior Therapy (DBT), in reducing self-injury, drug dependence, and days in the hospital for some groups of people with BPD; pharmacology research showing that the use of specific medications can relieve the cognitive, affective, and impulsive symptoms experienced by individuals with BPD, as part of a comprehensive psychosocial treatment plan; and a new understanding of BPD, suggesting that individuals may be genetically prone to developing BPD and that certain stressful events may trigger its onset.

Adolescence, 2004

Power Your Tribe: Create Resilient Teams in Turbulent Times Christine Comaford, 2018-01-16 WALL STREET JOURNAL AND USA TODAY BESTSELLER Is your team thriving in a world of relentless and rapid change? From the New York Times bestselling author of Smart Tribes and Rules for Renegades comes a potent set of neuroscience-based tools to empower your team in uncertain times. Whether it's diminished sales, increased competition, or corporate restructuring, change is a natural part of doing business in today's high-speed, information-overload, instant-response environment. But inherent in human nature is resistance to change—a basic emotional response that is well-documented by neuroscience. In this groundbreaking guide, top leadership consultant and employee engagement expert Christine Comaford shows you how to bring your tribe together to tackle any challenge head-on. Using her simple, proven strategies, you'll be able to: * Meet the demands of changing markets, customers, and competitors * Adapt to new management, restructuring, and other corporate shakeups * Spark innovation and teamwork in the workplace—and keep it burning * Empower your people to embrace change as a new opportunity for growth Filled with case studies and all-too-familiar examples, this book will enable you to release resistance to change, build more emotionally agile teams, and mobilize the entire organization quickly and efficiently toward a clear and common goal. By training and empowering your team members to shift their emotional states—and see the positive potential of change—you can lead your tribe through any challenge and ensure success for years to come.

The Journal of Psychohistory, 2007

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