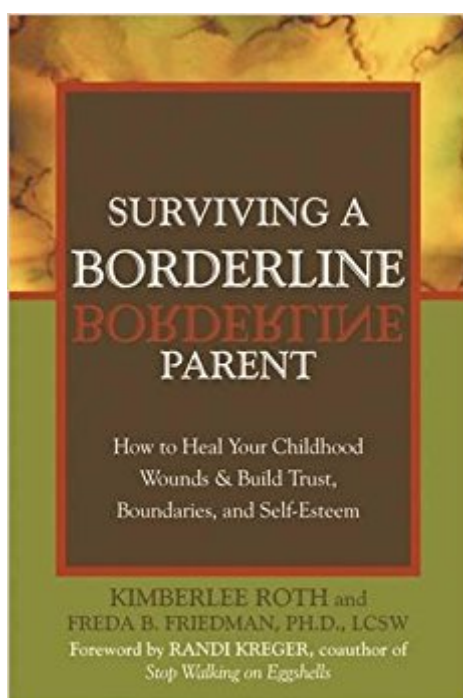


The book was found

# Surviving A Borderline Parent: How To Heal Your Childhood Wounds And Build Trust, Boundaries, And Self-Esteem



## Synopsis

Surviving a Borderline Parent is the first step-by-step guide for adult children of parents with borderline personality disorder. Between 6 and 10 million people in the US suffer from borderline personality disorder. This book teaches adult children how to overcome the devastating effects of growing up with a parent who suffers from BPD. Although relatively common, borderline personality disorder (BPD) is often overlooked or misdiagnosed by therapists and clinicians and denied by those who suffer from it. Symptoms of this problem include unpredictability, violence and uncontrollable anger, deep depression and self-abuse. Parents with BPD are often unable to provide for the basic physical and emotional needs of their children. In an ironic and painful role reversal, BPD parents can actually raise children to be their caretakers. They may burden even very young children with adult responsibilities. If you were raised by a BPD parent, your childhood was a volatile and painful time. This book, the first written specifically for children of borderline parents, offers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person suffering from this disorder. Discover specific coping strategies for dealing with issues common to children of borderline parents: low self-esteem, lack of trust, guilt, and hypersensitivity. Make the major decision whether to confront your parent about his or her condition.

## Book Information

Paperback: 185 pages

Publisher: New Harbinger Publications; 1 edition (January 1, 2004)

Language: English

ISBN-10: 1572243287

ISBN-13: 978-1572243286

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 217 customer reviews

Best Sellers Rank: #27,440 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness](#) #24 in [Books > Parenting & Relationships > Family Relationships > Parent & Adult Child](#) #39 in [Books > Health, Fitness & Dieting > Mental Health > Personality Disorders](#)

## Customer Reviews

“If Stop Walking on Eggshells has become the bible for people with a borderline family member, I predict that Surviving a Borderline Parent will become the must have”

book for people who have a parent with borderline traits. Authors Kimberlee Roth and Freda Friedman have done a stunning job of validating the isolating experience of these adult children, and more importantly, shown them how to overcome the constant feelings of guilt, abnormality, and self-doubt. This book belongs on the shelf of every clinician and adult child with a borderline parent.

• Randi Kreger, author of *Stop Walking on Eggshells*  
“Kimberlee Roth and Freda Friedman provide comprehensive guidelines for adult children with borderline parents that help create balance and boundaries in these tumultuous relationships. The authors point to the need to break the silent treatment around Borderline Personality Disorder and encourage clinicians to educate patients and family members about this diagnosis. This book is well worth the investment for any adult child with a borderline parent.”

• Christine A. Lawson, Ph.D., author of *Understanding the Borderline Mother*  
“Life with a normal parent can be hard enough. All of us have stories about low points in growing up. But ultimately we can look back on childhood with a warm feeling about our parents and feel that we were loved and nurtured. Not so for children of a parent with Borderline Personality Disorder. These adult kids may need to do years of work to recover from the narcissism of their caregivers. *Surviving a Borderline Parent* provides life-affirming signposts to the road back to emotional health.”

• Ross Werland, health editor for the Chicago Tribune

This is the first step by step guide for adult children of parents with Borderline Personality Disorder. It teaches them how to overcome the devastating effects of growing up with a parent who suffers from BPD. Foreword is by Randi Kreger, coauthor of "Stop Walking on Eggshells" and "The Stop Walking on Eggshells Workbook."

I wish I'd found this book sooner! I started seeing a therapist because I knew something was wrong with me, I just couldn't figure out what it was. She suggested that my mother might have BPD and that I do a little research on the subject. I found this book and read the first half in one night. I read a few pages, cried, read a few more pages, cried some more. Apparently everything "wrong" with me is a completely normal reaction to being raised by a mother with BPD. I'm still sorting through all the pain, guilt and trauma of spending the last 35 years convinced that I was the problem, but I have hope for the first time ever. With the help of this book and a therapist I believe I can build some self-esteem, find some confidence and start fully living for the first time ever. I'm really grateful.

Helped me to understand what a friend's childhood might have been like. Hoping it will help her understand why parenting her own children is so challenging.

This book can be helpful for anyone who has a parent with the puzzling, distressing, exhausting diagnosis of borderline personality disorder. It can help an individual go from hating his parent to a basic understanding that his parent has a brain disorder. It can help with the extreme issues of love/hate from a parent. It can help to stop thinking one's parent is evil, manipulative and cruel. It brings a new freedom to the adult child of a parent with borderline personality disorder.

Good book with relevant case studies that were not only about addictions and alcoholism as many of these resources seem to be. I could definitely relate. It's hard to read things like this because I can feel more sad and angry but at the same time I do not feel alone and it helps with the guilt and feelings that my brothers and I somehow caused it. Just read something light and funny afterward and take a deep breath!

This eye-opening book is revealing, comforting, and extremely helpful for adult children of Borderline parent(s) who want desperately to move on and be their own person. I have so much I would love to share, but will keep it as short as I possibly can. I have never read ANY book that so closely described my parent's Borderline behavior AND the affect it has on children. The author (and other contributors) make it clear the book is about what Borderline is, how one might have come to be a Borderline, what a Borderline can do for help, what many children of Borderlines experience and what adult children can do to move forward as well as to forgive AND reframe current relationship with that parent if possible. Again, this is a must-read, ESPECIALLY if you have never read any literature about the Borderline parent and you as the adult child. It is life-changing!

Well outlined and practical throughout but too self-helpy for me, and there vagueness of the disorder was hard to fully grasp. Granted, that's the reality of the disorder but was hoping for more clarity regarding the one with the disorder.

My mother would only admit to suffering from depression "sometimes", guess depression is quite widely accepted now. But for 5 years I suspected her of bipolar disorder, which fits her 80% of the time until I learned of borderline personality disorder, which fits her 100%. No book of this genre can truly speak to individual readers but this one comes close to touching on many aspects without

making me think, "That's not my case, it's a waste of my time." I started out reading books on building self confidence, then quickly realized it's not my lack of self confidence but the constant emotional excursions and defeating talks from my mother that I accommodated my whole life, leading to the "new normal" for me. It's written in straightforward language without talking down to the reader, the only reason it took me over a month to finish reading is because of how painful it was to acknowledge and grieve along the way. This books has exercise, worksheets, and helpful suggestions. It touches on every aspect including childhood, adulthood, letting go if you can't get closure, whether you choose to confront the BPD parent, whether you still want them in your life or not, how to handle family and friends who don't want to acknowledge your experience, grieving the parent and childhood you wished to have, etc. I've learned to say "It's complicated" and decline to talk about it when certain people ask how my mother is doing. It's not normal for me to fear angering others anytime for no reason. It also touched on the fact that you're seeking out resources and reading this book, you're probably not going to be full blown BPD like you experienced.

Couldn't finish it. Found that I was re reading the same thing over and over. She just re worded it.

[Download to continue reading...](#)

Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Trust: Mastering the Four Essential Trusts: Trust in Self, Trust in God, Trust in Others, Trust in Life High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Assertiveness: Learn to Say No!: Build Self Esteem by Setting Healthy Boundaries with Emotional Healing, Volume 2 Boundaries : The Power Of NO (Codependency, Social Anxiety, Assertiveness, Self Confidence, Self Esteem, Toxic Relationships) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk Heal Your Inner Child Guided Self-Hypnosis: Healing Old Wounds with Solfeggio Tones & Bonus Drum Journey Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help

relationships, Present Moment, Be Happy Book 1) Boundaries & Emotional Development: Boost Self-Esteem & Assertiveness for Healthier Relationships with Inner Child Healing Self Love: Raising Your Self-Confidence & Self-Esteem The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Trust or Consequences: Build Trust Today or Lose Your Market Tomorrow The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help (Self-Compassion Book 1) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)