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How to control bpd rage

This is because while medications can alter the intensity of anger, they cannot fully prevent or erase a person's anger when a life stressor or difficult situation arises. Often these episodes are unpredictable and can be the result of an internal emotional response, which may be related to past trauma or experiences, potentially triggered by a seemingly unrelated occurrence. For example, you might find it useful to write down your feelings. Retrieved from Linehan, M.M. (1993). BPD is diagnosed more in females than males, and typically formed in adolescence [2], although it can affect any gender or age. BPD anger often increases the longer you're exposed to a frustrating situation. Emotionally, such closeness is experienced as too risky, since unconsciously it revivifies their childhood trauma of rejection and abandonment, of feeling desolate and all alone. Not only do BPDs represent around 10 percent of all psychiatric patients, but 1 in 10 feels so burdened, helpless, and miserable that they're driven to suicide—to at last put an end to the constant swirl of painful emotions plaguing them. Martino, Francesca et al. Other types of psychotherapy for BPD that target anger include: While there are no medications for BPD that are currently FDA approved to treat the disorder, there are some that have been shown to reduce anger in BPD. These actions could help you to defuse your anger and prevent an episode before it becomes unmanageable. While you should encourage your loved one to seek professional help, taking care of yourself is equally important. "It's difficult to do but learning about BPD can certainly help you impart some firm and necessary boundaries later. Since BPD rage attacks can appear suddenly, the anger can be challenging to manage. Australasian psychiatry : bulletin of Royal Australian and New Zealand College of Psychiatrists vol. Often, this will result in feelings of low self-worth, believing that they are unlovable, or a failure, and they will have an extreme emotional response. Overgeneralizing the family dynamic that engendered their distrust, they carry within them a deep ambivalence about how close they can safely get to others. doi:10.1177/1039856218810154. M. Certainly, not all BPDs are rageful, for they possess a large variety of defense mechanisms against shame and anxiety (including acting out, emotional hypochondriasis, passive aggression, projection, and splitting—which is to say, simplistic black & white, all-or-nothing thinking). APA. © 2021 Leon F. Research in this area is very preliminary, and more work is needed to fully understand how and why people with BPD experience borderline anger. Shinrigaku kenkyu. The Japanese journal of psychology vol. Still suffering from never-met childhood dependency needs, they can't resist, despite all their reservations, to repeatedly reach out for the succor unavailable to them earlier. 84,2 (2013): 93-102. So, what triggers a person with borderline personality disorder? However, it's OK to hold them accountable for their actions, especially when they negatively affect you or other family members or friends. A therapist can help you find ways to manage challenging emotions and express your feelings more appropriately. Avoiding unhealthy coping strategies It is very common for people with BPD to engage in harmful coping strategies, such as drinking alcohol, taking drugs, smoking, and self-harm [2][3]. A person with BPD may react to an event that may seem small or unimportant to someone else, such as a misunderstanding, with very strong and unhealthy expressions of anger, including: Physical violenceSarcasmYelling While borderline anger has long been a topic of debate and speculation among BPD specialists, it has only recently become a focus of careful research. You can even do something else to distract yourself, such as watching a funny video or taking a brisk walk around your neighborhood. So they'll still "cancel" feelings of anger or rage when it feels even more frightening to have lost connection to the person with whom they experienced some harmony before getting triggered by them. Published: Jan 12th 2023, Last updated: Apr 5th 2023 Medical Reviewer Dr. Jenni Jacobsen, Ph.D. Ph.D., LSW, MSW Dr. Jenni Jacobsen, PhD is a medical reviewer, licensed social worker, and behavioral health consultant, holding a PhD in clinical psychology. . Retrieved from Russell, J.J., Moskowitz, D.S., Zuroff, D.C., Sookman, D., & Paris, J. Especially in a committed relationship where their partner might openly encourage them to move beyond their self-imposed barriers to intimacy, their now chronic feelings of distrust hamper their ability to respond positively. It can be confusing and shocking to others, particularly those who have little understanding of the condition, and may seem disproportionate or unwarranted in certain situations. While these outbursts are sudden and generally inappropriate, they're usually a reaction to a trigger — which can be either an internal or external event. These emotional regulation methods can help keep your rage from spiraling. More specifically, researchers are trying to understand whether people with BPD are more easily angered, have more intense anger responses, or have more prolonged anger responses than people without BPD (or whether it's some combination of these factors). Being on the receiving end of a rage attack doesn't mean that you did anything wrong. This can be hugely important in managing your symptoms, as you may be able to avoid certain situations, notice anger building up, prevent an episode from occurring, or recognize when to utilize your coping strategies [10]. Journal of Abnormal Psychology, 116(3), 578-588. If you have BPD and you're experiencing negative thoughts repeating on a loop—thoughts that only increase your anger—there are ways to help disrupt the cycle. If you experience BPD rage, the best way to manage these situations is to gain a better understanding of your triggers and learn positive coping strategies, so that you can prevent these episodes from occurring, or stop them when you notice your anger rising. As Melinda Smith and Jeanne Segal have observed: If you have BPD. It may not be that people with BPD have a stronger anger reaction, but that their anger has a much longer duration than other people experience. Similar to most of their other defense mechanisms, however, it's (over-) generalized to anyone with whom they have a close connection and developed an almost childlike dependency. Hirano, Misa, and Shintaro Yukawa. How to deal with BPD rage Therapy There are many useful types of therapy that can help with managing BPD rage. This repetitive thinking creates a vicious emotional cycle that worsens the person's anger and increases its duration (as supported by the study mentioned above). After exposure to BPD rage triggers, they tend to fixate on the situation or event that upset them, replaying these thoughts repeatedly. And all of this emanates from an incapacity to stay focused on longer-term objectives and goals. It's not that BPDs perversely want to put behind them the complex trauma of their youth they relate to others in ways that too often are baffling, irritating, or insulting. For example, team sports, going to the gym, yoga, running, or walking, may all be positive outlets for emotional distress or ways to calm the mind. Whether in the past they matched their parents' detachment with self-protective distancing of their own or resorted to clinging or people-pleasing behavior in hopes of establishing a greater attachment to them (or maybe just one of them), at some point they became aware that they could never achieve the secure union they sought. Their markedly negative identity and the counter-productive mechanisms they use to deal with their poor self-image typically bring them little relief. Typically, people with BPD have trouble controlling their emotions or responses to certain situations, which can lead to extreme feelings of sadness and anger, due to an inability to regulate emotions or emotional responses to situations [7]. (As in, the best defense is a good offense.) Regardless of how close the relationship may have become, proximity to another still constitutes a grave danger to them. What triggers BPD rage? Then, the next time you're exposed to a trigger or start to feel angry, you can confront and challenge your negative thoughts. And that's yet another paradox closely connected to their rage. This communication could help loved ones understand your triggers, know what might be helpful or unhelpful to say or do during an episode, and help them to feel less attacked if the rage is directed at them [11]. Researchers have found that mindfulness meditation can prevent people from obsessing over angry thoughts. It may be helpful to find productive ways of coping with stress, since stress is a known precursor to borderline rage. doi:10.4992/jpsy.84.93. Use grounding techniques Once you've stepped away from a situation, grounding techniques — like meditation, deep breathing, or stretching — can be another great way to soothe and control your emotions. Most psychotherapies for BPD target the strong anger responses that people with BPD report and exhibit. But they can at least comfort themselves through alleviating a mounting inner tension that otherwise could feel incapacitating. For example, in dialectical behavior therapy (DBT), patients are taught skills to help them better manage their anger and decrease angry outbursts. 27, 1 (2019): 60-63. Dialectical Behavior Therapy as Treatment for Borderline Personality Disorder. Pallahawadan, Venura et al. They're also wary about permitting anyone to get very close to them. This extreme shift could even leave them feeling betrayed, which could potentially be a trigger for rage. This could involve moving to a 'safe space', putting on music, drawing or coloring, meditating or practicing breathing exercises, reading a book, or utilizing specific DBT techniques you have learnt. Common to this personality disorder, it's how—temporarily, at least—they experience the illusion of control. If you or a loved one has difficulties with borderline anger, please seek out care from a therapist or other mental health professional. Therapy can help you to identify your own triggers and to develop an understanding of why these triggers exist. Splitting Another typical behavior people with BPD engage in is a form of black-and-white thinking known as splitting. Their never-healed child self is insatiable in that the unconditional love and acceptance they once so desperately needed from their parents can't be adequately addressed by anyone else. The exact cause of the development of BPD is not known, but it is often attributed to childhood experiences of neglect, abandonment, abuse, or trauma. Last reviewed: Jan 12th 2023 After that, it becomes easier to validate and, in some cases, operate from an educated, empathic stance about the vulnerability behind the anger." Licensed Certified Social Worker-Clinical, (LCSW-C), LICSW, MSW Elizabeth Keohan Whether you're struggling to manage your BPD anger or have a loved one prone to rage attacks, Talkspace can help. (March 2022). Following are some of the most common triggers for rage in people with BPD. That is, their caregivers weren't very caregiving. If necessary, leave the situation until they are able to calm down. Retrieved from Optimum Performance Institute (OPI). When you feel yourself becoming angry, try to remove yourself from a situation, and take some deep breaths. There is no cure or exact treatment for BPD, but it can be managed with a combination of medication, therapy, support, and understanding of the condition, triggers, and symptoms. Even though dealing with your emotions can be tough, a variety of effective coping techniques can prevent your anger from escalating. New research, however, is shedding light on the nature of borderline rage. Cognitive-Behavioral Treatment of Borderline Personality Disorder. This can often cause them to lash out, becoming angry with their friend, which may then put further strain on their friendship. So unless their characterological rigidity and distrust make them reject any assistance offered them, then—with added patience, self-discipline, and targeted therapy—they should be able to re-program the coping patterns that have caused them so much grief. Elizabeth combines a compassionate, holistic approach with Cognitive Behavioral Theory (CBT), to help clients counter their somatic response to stress, anxiety, mood, grief and loss. In The Diagnostic and Statistical Manual of Mental Disorders(5thed., text rev.). So they frequently instigate the rejection they're endeavoring to avoid, and their rage can be understood as constituting a self-sabotaging, self-fulfilling prophecy—ultimately confirming the doubts precipitating their extreme distancing behavior. Personality Disorders. It isn't easy to witness borderline personality disorder anger or to be the target of these outbursts. Another way of appreciating their destructive behavior is by comprehending that their apparent maliciousness is motivated by a sense that the person they let get close to them has maliciously hurt them. It often appears suddenly, as an explosive bout of rage. Get started today and learn how to deal with BPD. So their final method of rage-infused, depressive coping may be to obliterate consciousness altogether. Other options include family therapy, which can help loved ones develop a better understanding, to receive and provide support, and group therapy, which can help provide a support system and reduce feelings of aloneness [11]. For example, making a mistake at school or work, losing a game, or misplacing something, all may reinforce feelings of low self-worth, feeling like a failure, or a fear of being punished or reprimanded, resulting in extreme feelings of anger. Related to BPD's extreme reactivity, the surprising speed with their mood swings is such that they've been described as suffering from emotional whiplash. How can I help support you?" Set boundaries: If possible, come up with boundaries together. Understanding the condition and the triggers for emotional responses, especially anger or rage, can help you to manage the condition and the impact it has on your life. Be willing to set boundaries and remove yourself from distressing situations. During a splitting episode, someone with BPD can go from loving to hating a person (even the BPD favorite person), seemingly in an instant. Try identifying triggers of stress, asking for help from family or friends, exercising regularly, eating a balanced diet, and getting enough sleep. There is no one-size-fits-all for coping with borderline rage, but the following strategies may be helpful in diffusing anger or curbing it before it escalates. This study found that people with BPD reported the same level of anger as the healthy controls (in response to the story). Non-specific or personal triggers Unfortunately, there is no set list of specific triggers for a BPD episode, and they can sometimes be a sudden or unexpected response, occasionally to something that seems trivial or unimportant to someone else. Terzi, Laura et al. "BPD rage is classified by extreme or intense anger coupled by the inability to manage the range of an emotion typically disproportionate to a given incident or circumstance." Licensed Certified Social Worker-Clinical, (LCSW-C), LICSW, MSW Elizabeth Keohan It's normal for people to feel angry at times, but borderline rage is different from the anger that most people deal with. Even a minor inconvenience or perceived slight can trigger aggressive behavior in someone with BPD. Exercise Some people find exercise to be a good release of emotion, or a time to reflect on a situation. Validate their feelings: Try saying, "I understand you're experiencing anger right now, but we can get through it together." Accessed November 17, 2022. It's important to remember that anger itself is a normal emotion, so experiencing angry reactions does not mean you have BPD. Psychologically, they win by losing and lose by winning. Retrieved from Biskin, R.S., & Paris, J. Of course, this doesn't mean you can't ever get mad or upset. This anger can be very upsetting for the person with the diagnosis and the people around them. Aversive Tension in Patients with Borderline Personality Disorder: A Computer-Based Controlled Field Study. For someone with BPD, anger can be extreme, sudden, and incredibly difficult to control. Frankly, it may not matter who that other person is or how they might act. Due to emotion dysregulation, people with BPD tend to feel intense emotions. While she has worked extensively with those experiencing anxiety and depression, she embodies a unique comfort working with the bereaved. Such distrust in BPDs typically comes about quite early in their development, which is why many of the self-protective devices they adopted in reaction to their insufficient nurturing tend to be primitive. (2005). Ruminating on negative emotions can increase aggression. Borderline Personality Disorder. Our Editorial Process Our Review Board Share Borderline Personality Disorder July 14, 2023 Borderline Personality Disorder February 3, 2023 Borderline Personality Disorder February 3, 2023 Borderline Personality Disorder February 3, 2023 Borderline Personality Disorder January 30, 2023 Borderline Personality Disorder Narcissistic Personality Disorder August 17, 2022 Borderline Personality Disorder July 1, 2022 Borderline Personality Disorder July 1, 2022 Borderline Personality Disorder June 29, 2022 Borderline Personality Disorder June 29, 2022 If you are in a life threatening situation - don't use this site. Learn more about BPD to understand where the rage is coming from and discover ways how to help someone with BPD. What is BPD? Content reviewed by a medical professional. Engaging in regular exercise can also be a positive way to improve physical and mental health in general, thereby reducing emotional difficulties. Seltzer, Ph.D. All Rights Reserved. It may also be more likely in those with a close family member with the diagnosis [3]. The pressure BPDs put on others in urgently trying to prove to themselves that they are worthy and deserving of lasting attention, eventually leads the other person to become exhausted or exasperated by their demands, unable or unwilling to accommodate them further. 249 (2017): 321-326. Viewed strictly as an interpersonal maneuver, the BPD's rage doesn't—and can't—last indefinitely because another part of them longs for just that safe and secure relationship they never experienced as a child. "No one feels good, safe, or ok after a display or expression of disproportionate, heightened, intense, or extreme anger. When someone with BPD believes they're being abandoned, they may panic, leading to eruptions of anger and other volatile behavior. Retrieved from Stiglmayr, C.E., Grathwohl, T., Linehan, M.M., Thorst, G., Fahrenberg, J., & Bohus, M. Dialectical Behavioral Therapy (DBT) [9], developed by Dr Marsha Linehan, has been found to be a helpful tool for understanding and communicating about BPD and personal triggers, while learning positive coping strategies to manage the condition [3][10]. There are various other types of therapy available, including individual psychotherapy Working with a therapist can help you find better ways to cope with BPD rage, and you deserve that. One (of so many) ironies here is that in their efforts to moderate or escape the intense vulnerability they felt in growing up, their consequent behavioral programming reduces the chance that later they'd allow themselves to receive from another what their parents couldn't offer them—and what, secretly, they still long for. things feel more scary and stressful to you than they do to other people. Talkspace allows you to talk with licensed mental health professionals from the comfort of your home. Fear of abandonment Many people with BPD are terrified of rejection or abandonment and have difficulty forming interpersonal relationships. It doesn't feel good to express it or be subject to it, especially when triggers are unforeseen and unexpected and a feeling of vulnerability looms." Licensed Certified Social Worker-Clinical, (LCSW-C), LICSW, MSW Elizabeth Keohan Remember, though, these behaviors are a symptom of a mental health condition. And that's because both psychopathologies can involve rapid cycling between sharply opposing moods and states of mind. Still, if you have difficulties with anger control, reaching out to a mental health professional is a good idea. People with BPD often struggle to control their emotions, leading to intense and inappropriate anger. Perhaps more than anything else, BPDs are driven to safeguard themselves from the pain they originally experienced, so the very closeness they yearn for is, paradoxically, too close for comfort. Call 988 or use these resources to get immediate help. (2007). This anger in BPD is often referred to as "borderline rage." It can lead to explosive episodes of anger or a complete shutdown. Borderline Personality Disorder: A Guide to Understanding and Managing the Condition. Source: artist's name not given/pixabay free image The Borderline's Monument. Sometimes what's dominant is the need to detach from others; other times what's paramount is the craving to merge with them, to mitigate unsettling, depressing feelings of emptiness. Retrieved from National Institute of Mental Health (NIMH). If your loved one has BPD, you may find it difficult or even distressing to witness or be on the receiving end of their anger. Remember, BPD is a mental illness: Your loved one with BPD doesn't choose to get so angry, so try not to blame them for the symptoms of their illness. In these situations, people with BPD often struggle to consider alternative reasons for their perceived rejection, typically believing the worst about themselves and the situation [6]. Furthermore, other research shows that anger in BPD may trigger rumination (when someone thinks over and over about their angry experience). After the episode of rage passes, there should be the potential to revisit the conversation later. How do you calm someone with BPD rage? In addition, therapy for BPD can help you learn more about your triggers and develop the skills you need to build healthy relationships. Attend a therapy session: It may be helpful for you to attend a therapy session (by yourself or with your loved one). Fortunately, there are many ways to increase your knowledge of borderline rage so that you can support your loved one and protect your emotional well-being. While these activities may blunt or mask emotions in the moment, they are ultimately very harmful to your mental and physical health, and will only reinforce and worsen emotional responses. Linehan, 1993). Intense, inappropriate anger can be one of the most challenging symptoms of borderline personality disorder (BPD). It can be very challenging to cope with the symptoms of borderline personality disorder (BPD), both for the person with the diagnosis and the people around them. You (or your loved one) can gain control over your anger and feel better. Your fight-or-flight switch is easily tripped, and once it's on, it hijacks your rational brain, triggering primitive survival instincts. People with BPD have often experienced some sort of trauma in their childhood, so the ways in which rage episodes are triggered are often related to their previous experiences, typically involving relationships or feelings of self-worth [2][6]. For in anticipating the major distress of another's rejection or betrayal, they're compelled to initiate this potent defense against what subconsciously feels will inevitably ensue. Ultimately, it is up to the other person to control their anger. Nonetheless, their poorly managed anger may be their most highlighted defense inasmuch as it can be so off-putting to others. Experts are now examining how borderline anger is different than normal anger and why it occurs. Borderline Personality Disorder and Emotional Dysregulation, 9(29). Stability and Variability of Affective Experience and Interpersonal Behavior in Borderline Personality Disorder. Eventually, the prolonged and intense anger triggers aggressive behavior, which a person engages in to relieve their rage. It is a commonly seen symptom in those with the diagnosis and can have huge impacts on interpersonal and professional relationships [5][6]. Break up or argument within a romantic relationship A common symptom of BPD is an intense fear of abandonment or rejection. Feeling ignored or left out if a person with BPD feels that their friend has ignored them, for example, they don't receive a response to a call or message, or are not invited to a social event, this can also cause a similar response. The Mental Health Clinician, 6(2), 62-67. And though they need to be held accountable for their actions, they shouldn't be shamed for behavior that's predominately neurobiological—endowed as they are with an anxiety-prone brain involuntarily on high alert. doi:10.1016/j.psychres.2017.01.011. BPDs and Their Pseudo-Solution of Rage Also ironic in diagnosing Borderline Personality Disorder is that it's often conflated with Bipolar Disorder. Some medications prescribed for people with BPD include: antidepressants (such as Prozac or Wellbutrin), antipsychotics (such as Abilify or Seroquel), or mood-stabilizing drugs (such as Depakote). What is BPD rage like? More often than not they were taught, however unintentionally, by their parents' unreliability, neglect, and criticism, not to trust them. Despite how irritating and manipulative their behavior might be, it's crucial to get beyond negatively judging them and focus instead on the terrible pain their conduct attempts to cover up. Their fear of abandonment can be so intense that it makes them paranoid, causing them to see even ordinary events as potential threats. And at this point, BPDs feel so abandoned, rejected, and deceived that they're incited to strike back. Work with a therapist It's hard to deal with anger when your emotional regulation skills are limited. Learning and understanding your own triggers can be the best way of preventing and managing these episodes. It is important to take your medication exactly as prescribed by your doctor, as missing doses, taking extra, or suddenly stopping or starting a medication can negatively impact your physical and mental health. Thankfully, fairly recent advances in the study of this worrisome personality disorder have made it more possible for BPDs to get the professional help they need (e.g., see M. Take a break when you're feeling angry Don't be afraid to remove yourself from a situation if you're feeling angry or upset. But, the healthy controls reported that their anger decreased more quickly over time than the people with BPD reported. When someone with BPD becomes angry, they hold on to that emotion, and research tells us that prolonged anger can trigger intense emotional reactions. Again, this is due to feeling rejected, regardless of whether this is actually the case. But in this instance, they do so by unwarrantedly and impetuously raging against them: undoubtedly, one of the strangest, most self-defeating defenses against abandonment imaginable. In the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), anger in BPD is described as "inappropriate, intense anger or difficulty controlling anger." The reason anger in BPD is called "inappropriate," is because the level of anger seems to be more intense than is warranted by the situation or event that triggered it. Find out which option is the best for you. Common triggers of BPD rage can include:Emotionally challenging situations that seem threateningSituations where the person fears abandonmentBPD splitting, which is a type of black-and-white thinking where people see things as either all-good or all-badRuminating on angry thoughtsInterpersonal conflicts One study examined anger in people with BPD compared to those without BPD in response to an anger-producing story. Retrieved from Berenson, K.R., Downey, G., Rafaeil, E., Coifman, K.G., & Paquin, N.L. (2011). When you feel that anger surfacing, learning to accept your feelings and expressing them in healthy ways is important. Clinical psychology & psychotherapy vol. As a result, they desperately needed to discover ways of dulling the acute pain of such parental alienation. It's the emotional proximity itself that can mobilize their outdated safeguards against retraumatization. doi:10.1002/cpp.2152. They can't soothe themselves as a more "average" person could. The reason for this extreme rage response may be due to feelings of frustration, either with themselves or their partner, as a response to emotional pain, or as a way of attempting to regain lost control [7]. NIMH. A really effective BPD treatment is therapy. Psychiatry research vol. Medication A doctor may prescribe medication to help manage the symptoms of BPD, such as antidepressants, anti-anxiety medications, or antipsychotics. Elizabeth Keohan Licensed Talkspace Therapist, Elizabeth Keohan has enjoyed working with clients in communities from Washington DC through rural Maine over the course of her career. Coping with Borderline Personality Disorder.OPI. Negative thought spirals Once someone with BPD becomes angry, letting go of their rage can be challenging. In short, BPDs are governed by sharply conflicting needs. Anger Instability and Aggression in Borderline Personality Disorder - An Ecological Momentary Assessment Study. During an outburst, people with BPD engage in unhealthy behaviors, including yelling, physical violence, and self-harm. If someone is experiencing BPD rage, stay calm, let them express their feelings, and give them some space. What is BPD rage? Borderline rage, or borderline anger, is more than just a standard emotional reaction. In such a regressed state it seems only reasonable to protest the other person's refusing to make an unreserved commitment to them by going on the attack—and far more viciously than they recognize. References American Psychiatric Association. Plus, over time this most infamous of their defenses may, though unconsciously, have come to feel absolutely essential to them if they're to adequately protect themselves from future disappointments and hurts. Retrieved from Neukel, C., Bullenkamp, R., Moessner, M., Spiess, K., Schnahl, C., Bertsch, K., & Herpertz, S.C. (2022). And so, ultra-sensitive to rejection, they can't help but anxiously anticipate it.

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