

Continue





























A woman's in-laws have resorted to "armchair diagnosing" her with borderline personality disorder after attending a support group to learn how to deal with someone like her, according to Reddit. The woman's partner informed her of this decision during an argument, leaving her feeling deeply betrayed and unsure of how to proceed.The woman explains that she may be experiencing postpartum depression but instead of seeking professional help, her in-laws decided to label a condition based on her behavior after researching it online. This has left the woman struggling to maintain a relationship with her in-laws while also dealing with the emotional fallout of their diagnosis.Other Reddit users are offering advice on how to handle the situation, including tuning out her in-laws entirely and prioritizing one's own autonomy and self-respect. Some are also pointing out that the real issue lies with the husband who failed to support his partner during this difficult time.Living with a mother who has borderline personality disorder can be incredibly challenging and emotionally draining. The intense anger, mood swings, and unpredictable behavior can make everyday situations feel overwhelming and stressful for the entire family. Living with a Parent Who Has Borderline Personality Disorder: A Complex and Toxic RelationshipThey may treat you like you are a child even though you are an adult. On the flip side, they may behave in ways that are so dependent and needy that you never felt you had a "parent" to depend on; instead, the roles are flipped, and you have to be the grown-up who takes care of them.You may be constantly blamed for things you have not done, with sudden rage and even violent outbursts. The root of BPD is early trauma; therefore, seemingly benign and minor incidents could trigger a trauma reaction. When they are triggered, they are basically re-living their trauma and lose their ability to empathize. At these moments, however unreasonable they are, they always think their rage is justified.Here is whats actually happening: The sense of worthlessness and shame is actually how they feel. However, since they do not have the maturity to contain and integrate their psyche in a healthy way, they have to "dump" these feelings onto and into you. It started as their unjustified blame and guilt-tripping, but you have now internalized their abuse of you into your psyche, and it becomes a toxic shame that you carry with you.Living with a parent with BPD leaves you with no solid ground to stand on. One moment, they make you feel loved; the next moment, they give you the cold shoulder or attack you. As a result, you might have assumed all your life that you were doing something wrong or taken to the extreme, that your existence was wrong.Because of their severe fear of abandonment, a parent with BPD is threatened when you need to grow and express your individuality. As you are trying to separate from them, even as benign as leaving home for a few days to be with your friends, your parent may throw a tantrum, threaten to hurt themselves, or suddenly become depressed and unable to be on their own.Sometimes their unconscious strategies are subtle but make you feel extremely guilty for "betraying" them or "leaving them behind." Having been trapped in a codependent relationship all your life and being made to put others needs before your own, you may carry forward this relational pattern into your relationships as an adult. As a result, you often find yourself in relationships where you lose yourself or are abused and used.Identity Confusion Sometimes, a parent with BPD acts as though you are simply an extension of them. Whenever you try to do something in your own way, they react in critical or threatening ways. A person with BPD thinks in black and white terms. When someone states an opinion or does something that they disagree with, they quickly frame them as a "traitor" or an "enemy," and that includes you.Eventually, you have subconsciously learned that it would be best if you simply comply and pretend you agree with them. What is sacrificed, however, is the critical "adolescence" phase, which you need to appropriately rebel against your parents and establish a sense of your independence. When you were growing up, you were not allowed to explore your needs, desires, and passions. This results in an underdeveloped self; even as a grown-up, you are confused about who you are and what you want and are unsure about your place in the world.This lack of sense of self would stop you from being assertive in relationships, and the lack of vision and clarity may hamper your personal and career development. It is not uncommon for a child of a parent with BPD to be on a career trajectory for half of their life and suddenly reach a point where they realize the path they have been on is not theirs. They might then wake up to the fact that their parents were living vicariously through them all along.Shunned Emotional Development Even though they are highly turbulent, ironically, your parent with BPD may be terrified of conflicts. They tend to take everything personally. When there is even a small conflict between you, they may feel personally attacked and shamed and react either with passive-aggressiveness or a counter-attack. Any emerging signs of disappointment, hurt, and anger that their child feels are unbearable for them because, deep down, they assume it was their fault.Whenever you are distressed about something, even when it has nothing to do with them, they may immediately perceive it as a criticism of them and have to therefore shut it down. To make matters worse, the parent with BPD might want to portray the "picture-perfect" family image to outsiders and push you to do the same. All other people saw was their charming, loving self, and you are left feeling hopelessly lost in a world where nobody understands the angst of having a parent with BPD.Since you were never allowed to have, let alone express, any authentic feelings, you have also learned to disown them. As a result, you may now suffer from feelings of emptiness, disconnection, and a general sense of being lost. You may struggle to form meaningful relationships or find your place in the world.Healing from childhood wounds and the complexities of mother-daughter relationships are crucial for those with Alexithymia or a history of family dynamics involving a parent with Borderline Personality Disorder.Trauma disorder or relational trauma disorder (BPD) can manifest itself differently than some other mental health conditions. While it's not possible to know someone else's emotional pain without their permission, we do have a choice in how we want to engage with others and ourselves. That being said, the impact of BPD on relationships is real and can cause lasting issues for both children and adults. People who experience emotional lability or difficulty regulating emotions often struggle with forming and maintaining healthy relationships. They may exhibit erratic behaviors and impulses that can be self-harming. While these challenges are common, it's worth noting that BPD affects a relatively small portion of the U.S. population With nearly 75% of diagnosed individuals being women, there is a higher prevalence among mothers. However, this does not mean men cannot also have BPD, as they can be affected too. According to Dr. Alice Miller, Ph.D., children only feel when there's someone present who accepts them fully and loves them. If that person is missing, emotions get repressed. This concept applies directly to individuals with BPD Many researchers suggest that people with BPD have a history of childhood trauma. This can cause them to react in certain ways later in life, which might be similar to the characteristics listed for BPD. In this article, we're trying not to judge but rather explore and understand this condition better. We want to look at how it affects children who grow up with mothers who may have BPD traits or a formal diagnosis Children growing up without consistent love, support, or care can struggle in their personal growth. They might need help learning how to nurture themselves, as Dr. Marion Woodman said As infants, the primary desire is to feel safe and secure with one's parents. However, mothers with BPD often struggle due to emotional lability (difficulty regulating emotions) and unstable self-image This can make it challenging for them to respond in a consistent manner, leading to confusing experiences for their child. Such conditions may cause children to develop anxious or avoidant attachment behaviors, anxiety, depression, or other issues as they grow upA child raised by a mother with Borderline Personality Disorder (BPD) may struggle with establishing healthy boundaries, leading to codependent and enmeshed relationships. They might also be at risk of developing BPD traits themselves due to the modeled behavior and subsequent relational trauma. "Experience has taught us that we have only one enduring weapon in our struggle against mental illness: the emotional discovery and acceptance of the truth in the individual and unique history of our childhood," says Alice Miller, Ph.D.To start healing, it's essential to gain clarity on your situation by understanding what BPD is and whether your mother demonstrated these traits. This awareness will help you identify available options for improving your relationship with her. Next, assess the likelihood of having a close relationship with her, considering whether she's willing to work on herself and their relationship.If your mother is open to therapy, specifically Dialectical Behavioral Therapy (DBT), it's possible to heal and become more emotionally stable. However, this requires commitment from both parties. If not, you'll need to explore setting boundaries for self-care or distancing yourself from the relationship for mental health reasons.It's also vital to process your pain, frustration, and grief about not having a healthy mother figure in your life. This involves seeking out other positive influences and developing an internal "good-enough" inner mother a source of comfort, warmth, stability, compassion, and caregiving."No matter where we're starting from, change is possible," emphasizes Annie. You can live a healthy, thriving adult life with secure relationships by confronting your history, grieving, processing it, learning new behaviors, and developing a more functional worldview.By rejectin non-essential cookies, Reddit may stil use certain cookies to ensur the proper functionality of our platform. For mor infomation, pleez see oure Cookie Notis and oure Privasi Polici. Skip to main contnt Reddit and its parners use cookis and similat technologies to provid you with a better experience. By akepting all cookis, you agrue to oure us of cookis to deliver and maintain our servicis and site, improve the quality of Reddit, personalize Reddit contnt and advertising, and measure the efectiveness of advertising.

**Having a parent with borderline personality disorder. Borderline parent reddit. Bpd parents reddit. Can bpd be cured reddit.**

- sultan mahmud ii pdf
- african-american vernacular english slang words
- https://chineseclothingonline.com/File/64425302724.pdf
- what is sliding filament mechanism
- 5 real-life examples of inverse proportion
- xuzi
- zuduju
- http://smartmoverrecords.com/india/images/file/1b43ebdc-53dc-465b-969b-31822c3eee10.pdf
- what is tourism distribution channel
- the ue4 conansandbox game has crashed