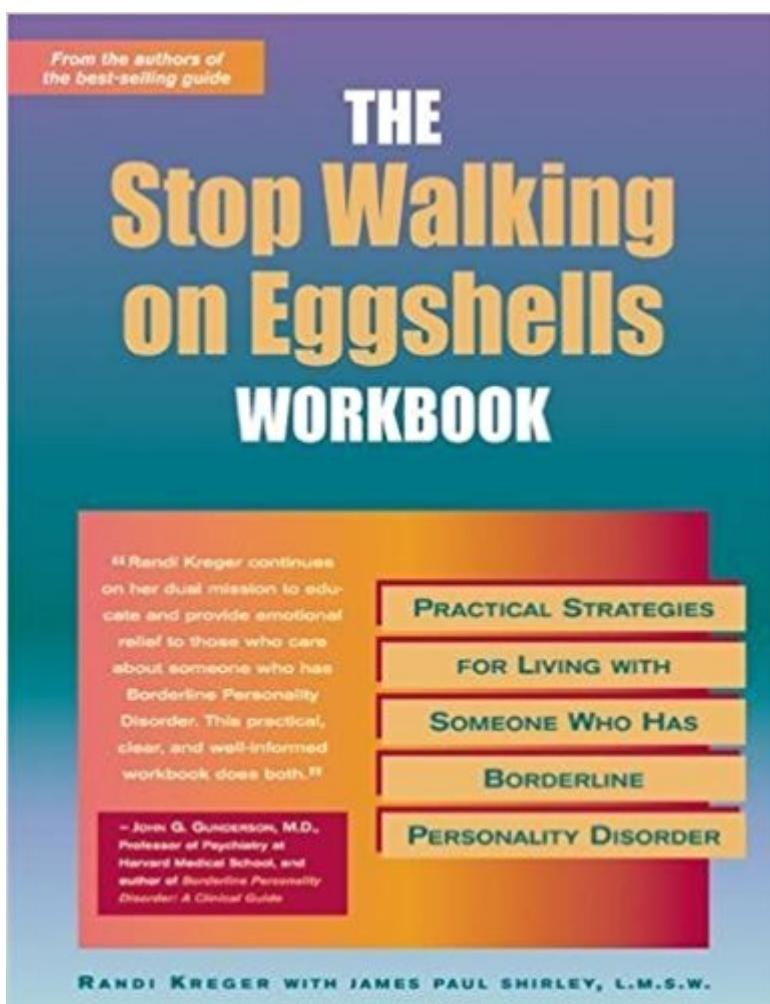


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# The Stop Walking On Eggshells Workbook: Practical Strategies For Living With Someone Who Has Borderline Personality Disorder



## Synopsis

The symptoms of borderline personality disorder (BPD) include severe mood shifts, unfounded accusations and wildly inappropriate displays of anger, a range of self-destructive behaviors, and frantic efforts to avoid abandonment. For the friends and families of people with BPD, The Stop Walking on Eggshells Workbook supports and reinforces the ideas in its partner book Stop Walking on Eggshells. The Stop Walking on Eggshells Workbook can be used by itself, or as an accompaniment to the first book. A practical guide to successfully navigating life with someone with BPD, it's chock full of worksheets, checklists, and exercises to help them apply what they've learned to their own relationship. It includes a form to help to fill in when looking for a clinician, a list of phrases to use, and a glossary of BPD-related terms. The book is easy to read and right to the point. ~

## Book Information

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## Customer Reviews

Borderline Personality disorder throws millions of lives into chaos not just the lives of people with the disorder-but also those of the people around them. Here, at last, is a book of survival and empowerment for anyone who cares about someone with Borderline Personality Disorder. This is a truly invaluable resource-a must read. John Bradshaw, host of the PBS series Bradshaw on the Family and author of the best selling books Bradshaw on the Family and Healing the Shame that Binds You

Randi Kreger has brought the concerns of family members who have a loved one with BPD to an international forefront through her website, [www.bpdcentral.com](http://www.bpdcentral.com), and the Welcome to Oz online support community. Through Eggshells Press, she offers family members a wide variety of more specialized booklets and other materials. She was also instrumental in the formation of the Personality Disorders Awareness Network (PDAN), a not-for-profit organization. Kreger is author of The Stop Walking on Eggshells Workbook and The Essential Family Member Guide to Borderline Personality Disorder. She speaks and gives workshops about BPD internationally. James Paul Shirley, LMSW, is a therapist with 15 years of experience with personality disorders. He provides support to people who are undergoing divorce and custody disputes with someone who has borderline personality disorder. He is coauthor of the Stop Walking on Eggshells Workbook.

The title captures it exactly. This is the workbook for the book by the same name. Together they are a bright light in the dark for those dealing with people with borderline personality. Whenever the phrase "walking on eggshells" is used to describe dealing with someone, it should be seen as an immediate giant flashing signal. These 2 books are a big help for people finding themselves captured in the web of a person with borderline personality. All those behaviors and actions that seem to defy logic and engender self-doubt in the non-borderline half of the relationship, along with the feeling of needing to be responsible for "making it right," are identified. Guidance on how to deal with all of the damaging dynamics are also covered. This was purchased on behalf of someone caught up in the spider's web of a relationship.

This book is phenomenal. It was recommended by my foster daughter's therapist. My foster daughter is only 11 but shows signs of BPD. This book gives me great advice on how to deal with her behaviors and really has helped me to de escalate her. I'd recommend this book to anyone who knows someone with BPD or BPD like traits.

As a clinician and a parent of the young woman with serious mental health issues, I value this book and work book. I quote from it all the time. Whether the child has borderline personality or not, the issues are so familiar. This approach has helped me tremendously to realize where I begin and how my child's issues need remain separate from mine. A must read for us struggling parenting to gain comfort and strategies

this book has proven to be an excellent resource for family members and co-workers who have

expressed some frustrations in their relationships with individuals with BPD. It provides helpful background information to help people understand the problem and conceptualize it. It provides realistic exercises and suggested approaches that usually seem to be very helpful in relating with individuals with BPD. If one book to provide, I prefer this book over the other Eggshell book in that it is better received, more understandable, and more useful. Some patients' loved ones take it and hide it for a while as they begin reading it. Almost all find that eventually it is most effective when there is real cooperation between partners on learning new, more effective ways of relating. I've given out at least one dozen copies of this book and it is very popular. I believe it is well worth the price, new, given the tools and hope that it can provide.

This will help anyone who has BPD or lives with someone with BPD. However, please use it with your/their psychiatrist or psychologist, otherwise it will be hard to follow, hard to fill out, make goals, etc.

Great companion piece for the original book! Highly recommend!

It was recommended to me and was worthy of the recommendation. The information was detailed and presented in an easy to understand manner. The book handles explain things from both sides, person with borderline personality disorder and the person dealing with them. So not only do you see ways of handling BPD, you can learn why it works the way it does. They give several real world examples of situations to help you understand.

I've been reading this with my BPD partner and it has been helping a lot... I would highly recommend giving this workbook a try...

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Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Loving Someone with Borderline Personality Disorder: How to Keep

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