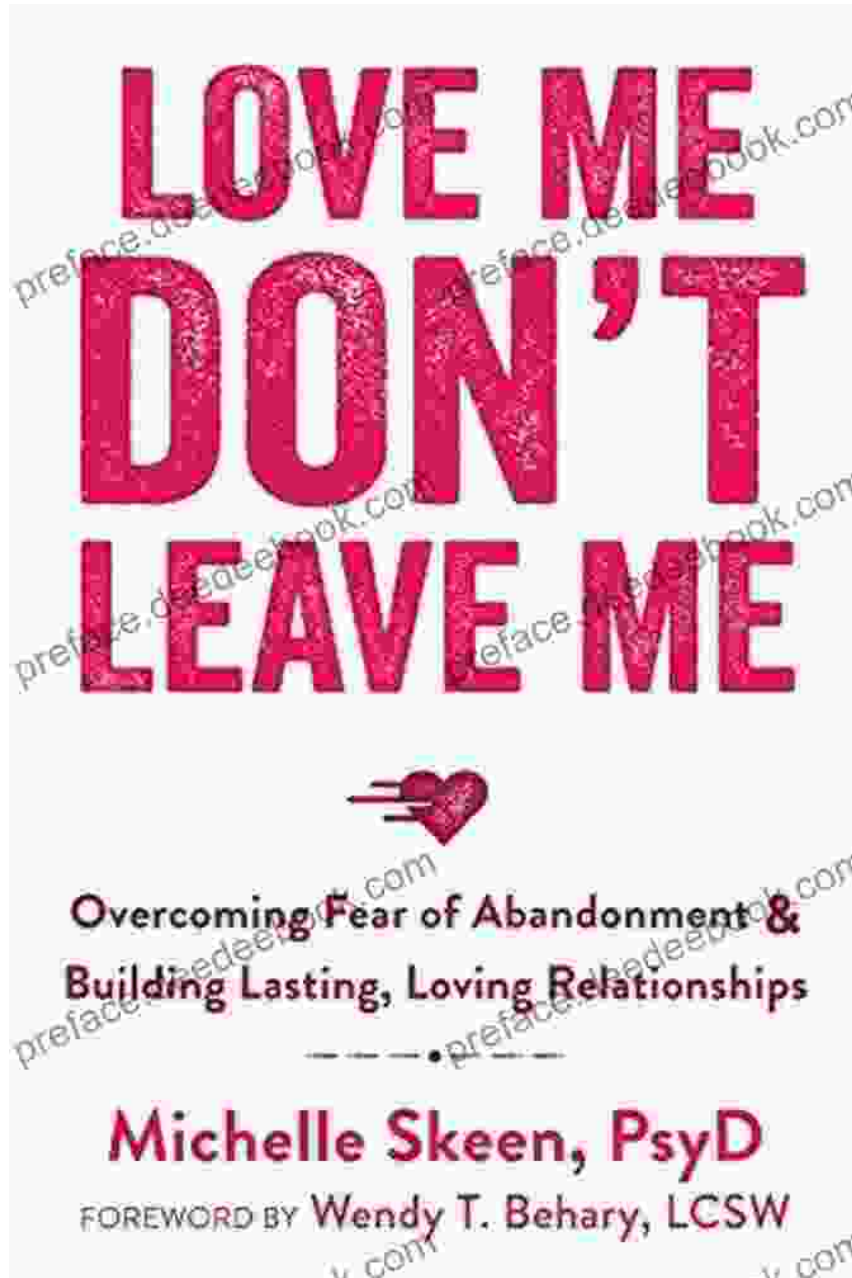


# Summary of Michelle Skeen and Wendy Behary's "Love Me Don't Leave Me"



Borderline personality disorder (BPD) is a mental illness that affects the way a person thinks, feels, and behaves. People with BPD often have

difficulty regulating their emotions, which can lead to impulsive behavior, self-harm, and relationship problems.



## Summary of Michelle Skeen & Wendy T. Behary's Love

**Me, Don't Leave Me:** by Fred Bolder

★ ★ ★ ★ ☆ 4 out of 5

Language : English  
File size : 1419 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 37 pages  
Screen Reader : Supported



"Love Me Don't Leave Me" is a book by Michelle Skeen and Wendy Behary that helps people with BPD and their loved ones understand and manage the condition. The book provides information on the symptoms of BPD, the causes of BPD, and the treatments for BPD. It also offers advice on how to cope with the challenges of living with BPD and how to build healthy relationships.

### Symptoms of BPD

The symptoms of BPD can vary from person to person, but some of the most common symptoms include:

\* Fear of abandonment \* Impulsive behavior \* Self-harm \* Suicidal thoughts or behavior \* Mood swings \* Intense anger \* Difficulty controlling emotions \* Unstable relationships \* Difficulty with trust \* Feeling empty \* Feeling worthless

## **Causes of BPD**

The exact causes of BPD are unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some of the risk factors for BPD include:

- \* Having a family history of BPD
- \* Experiencing childhood trauma or abuse
- \* Having a personality disorder
- \* Having a mental illness

## **Treatments for BPD**

There is no cure for BPD, but there are treatments that can help to manage the symptoms. Some of the most common treatments for BPD include:

- \* Psychotherapy
- \* Medication
- \* Hospitalization

## **Coping with BPD**

Living with BPD can be challenging, but there are things that people with BPD can do to cope with the symptoms. Some of the most helpful coping mechanisms include:

- \* Learning about BPD
- \* Finding a therapist who specializes in BPD
- \* Taking medication as prescribed
- \* Avoiding alcohol and drugs
- \* Getting involved in support groups
- \* Practicing self-care

## **Building Healthy Relationships**

People with BPD can build healthy relationships, but it can be difficult. Some of the things that people with BPD can do to build healthy relationships include:

\* Learning to communicate effectively \* Setting boundaries \* Managing their emotions \* Finding a partner who is understanding and supportive

"Love Me Don't Leave Me" is a valuable resource for people with BPD and their loved ones. The book provides information on the symptoms of BPD, the causes of BPD, and the treatments for BPD. It also offers advice on how to cope with the challenges of living with BPD and how to build healthy relationships.

If you think you or someone you know may have BPD, it is important to seek professional help. A therapist can help to diagnose BPD and develop a treatment plan.



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