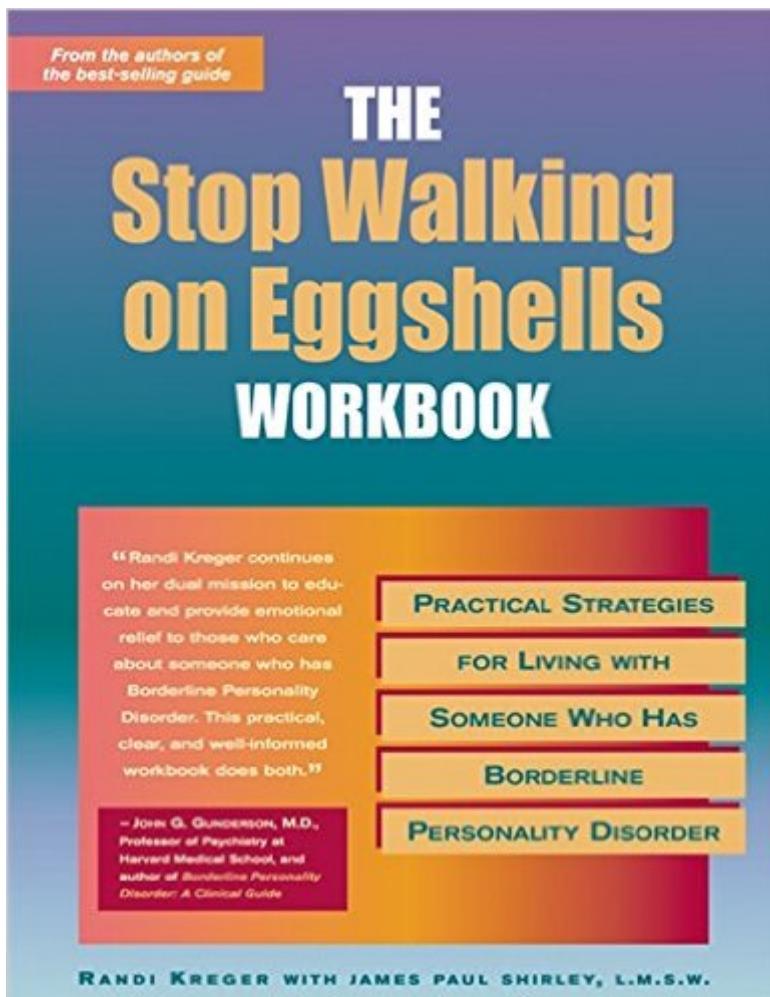


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# The Stop Walking On Eggshells Workbook: Practical Strategies For Living With Someone Who Has Borderline Personality Disorder



## **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, itâ™s chock full of worksheets, checklists, and exercises to help them apply what theyâ™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. Â

## **Book Information**

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## **Customer Reviews**

It is rare for me to read a book that in seemingly every page is an "a-ha" realization...the proverbial "lightbulb effect". I would guess that those who have been trying to cope with or understand the bizarre behaviors of their borderline loved one will have a similar reaction in reading this book. I commend the authors for their diligent research into Borderline Personality Disorder and their accurate assessment of this serious disorder. With knowledge and understanding of BPD comes COMPASSION for what the borderline is unknowingly going through. It is true that no one can "make" another person happy. The borderline still has to take responsibility for their own behaviors

instead of blaming others for their unhappiness. This book is invaluable to begin the road to healing. There are two other books that I would suggest as companions to this one as they deal directly with the core of BPD- dysfunctional thinking (thoughts), "You Can Be Happy No Matter What", and/or, "You Can Feel Good Again", both by Richard Carlson.I wish you the best!

Most non-borderlines who have a borderline in their lives are well aware of Randi Kreger's and Paul Mason's, M.S., blockbuster, eye-opening, incredible, best-seller \*Stop Walking on Eggshells\*, '98. This excellent workbook comes now in 2002 by Randi Kreger and James Paul Shirley, M.S.W., as a complement, supplement and added bonus. The workbook, \*The Stop Walking on Eggshells Workbook: Practical Strategies for Living With Someone Who Has Borderline Personality Disorder\* is a very helpful extension of that outstanding book \*Stop Walking On Eggshells\*.The workbook is loaded with probing questions, exercises, action steps and 'self-tests'.The confusing dialogue that a non-borderline has with a person with Borderline Personality Disorder is explained here, sorted out and understood more in this dynamic workbook. The workbook presents a commitment and the action steps and skills to work in helping to set boundaries.I urge the reader to use the workbook (SWOEW) in tandem with \*Stop Walking On Eggshells\*, (SWOE), even though there is some similar overlapping material in both books, SWOE, the book, is geared toward helping the reader understand what Borderline Personality Disorder is and the workbook (SWOEW) is geared to what to do about it, how to use some coping skills and to apply the strategies.Like \*Stop Walking On Eggshells\*, this workbook deserves many more stars than five. Combined, the two are as close as you can get to having the most complete information on Borderline Personality Disorder there is available. The combination is significantly better than just using either one alone.Rita Closson, M.A., Social Psychologist

A tremendous resource for anyone involved with borderline or other disorders. I can't say enough about this book. It will change your life in ways you never thought possible. I was able to regain my dignity, self esteem and take steps to put me in control of a situation I thought hopeless. Both books, Stop Walking on Eggshells and the Workbook are at the top of the list of the books we recommend at MSN Psychopath forum. There should be a 10-star rating for this one!!Darla B.

I HIGHLY recommend this workbook and its companion book of the same name. It is a MUST for anyone who has to deal with BPD. The workbook provides you with wonderful, easy to follow tools that will help you maintain your sanity when dealing with the BPD in your life. It also helps you to

understand that it is not "you" and provides valuable insight into why BPDs act the way they do. Most importantly it makes you realize that there is NOTHING you can do to change a person with BPD, BUT you can educate yourself and learn how to use the book's tools to effectively communicate with a BPD and not get "sucked" in to their chaotic life!! I helped my husband practice the techniques in the book prior to a mediation session and while the first three meetings consisted of talking in circles, the last meeting was "successful." No, the techniques didn't make the BPD stop mirroring or projecting her actions onto him and didn't stop her from lying and playing the constant "victim", but my husband did maintain his composure and actually got a few things accomplished - and anyone who deals with BPD knows that to accomplish anything is a major success, no matter how small the accomplishment!! It is truly amazing, if you practice and REMEMBER what you learn, you can help make what previously felt like a hopeless situation, a little more bearable.

Kreger and Shirley's book lives up to its title. This book is so good that it can be used by itself. In addition, I strongly recommend *Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem* by Roth and Friedman. Sincerely, John

This book may be an excellent resource for many people in a relationship with someone who has BPD - but it wasn't very helpful for me. BPD is a disorder with many variations (a person only needs to meet five out of nine criteria to be diagnosed), and although the authors do a good job of outlining the different types of BPD in the first couple of chapters, all their advice seems focused on borderlines who rage, are abusive and manipulative. I found little in this book to help me cope with my girlfriend's self-injury, suicide attempts, clinginess and dissociation. I have two other reservations about the Stop Walking on Eggshells books. The first is that they seem to encourage the worrying trend of people "diagnosing" their loved ones with mental illnesses - something only a mental health professional is qualified to do. Kreger claims to be the ex-partner of someone with BPD, yet her ex has never been diagnosed with the condition - she just suspects he may have it. Secondly, the books are very negative about people with BPD, seeming to assume that they never admit they have a problem, try to seek help, or work on their issues. From participating in online communities, I know many people with BPD who not only do all these things but are making tremendous progress, and in some cases have even recovered. I understand the importance of accepting that your BPD friend or family member may never change, but please don't tar all borderlines with the same brush! Before buying this book, I suggest reading the back cover of its sister volume, "Stop Walking on Eggshells". If the description there sounds like your relationship, you'll probably gain a lot from

reading this book. If not, look elsewhere. A book I found far more helpful was "Allies in Healing" by Laura Davis.

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