

stop walking on eggshells

SECOND EDITION



taking your life back when
someone you care about has borderline
personality disorder

PAUL T. MASON, MS
RANDI KREGER

“*Stop Walking on Eggshells* makes good on its promise to restore the lives of people in close relationships with someone diagnosed with borderline personality disorder (BPD). It is a rich guide to understanding and coping with the reactions aroused in others by troubling BPD behaviors that negatively impact relationships. Readers will find this book very useful and beneficial.”

—Nina W. Brown, Ed.D., professor and Eminent Scholar at Old Dominion University in Norfolk, VA, author of *Children of the Self-Absorbed*

“This book is the absolute go-to guide for my clients who are dealing with a loved one with borderline personality disorder. Readable and thorough, it strikes a perfect balance of practical advice and emotional sensitivity. This book has helped so many people break through their sense of confusion and isolation by helping them to name, understand, and respond to the difficulties of this complex and misunderstood disorder.”

—Daniel E. Mattila, M.Div., LCSW

“This book is urgently needed now that a National Institutes of Health study shows that 6 percent of the general population has borderline personality disorder (BPD). I constantly get requests from families needing resources on BPD, and I recommend *Stop Walking On Eggshells* almost every time. This second edition is really easy to read and packed with even more useful tips for family members in distress.”

—Bill Eddy, LCSW, attorney, mediator, clinical social worker, and author of *High Conflict People in Legal Disputes* and *Splitting*

“Amazingly, *Stop Walking On Eggshells* not only teaches readers how to recognize the signs of borderline personality disorder, it also shows how they can make life and relationship decisions based on what they want and need instead of decisions controlled by the illness.”

—Julie A. Fast, author of *Loving Someone with Bipolar Disorder*

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The authors, editors, and publisher have exerted every effort to ensure that any drug selection and dosage set forth in this text are in accordance with current recommendations and practice at the time of publication. However, in view of ongoing research, changes in government regulations, and the constant flow of information relating to drug therapy and drug reactions, the reader is urged to check the package insert for each drug for any change in indications and dosage and for added warnings and precautions. This is particularly important when the recommended agent is a new or infrequently employed drug.

Some drugs and medical devices presented in this publication may have Food and Drug Administration (FDA) clearance for limited use in restricted research settings. It is the responsibility of the health care provider to ascertain the FDA status of each drug or device planned for use in their clinical practice.

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Fasten your seatbelts. It's going to be a bumpy night.

—Bette Davis, *All About Eve*

No matter how confused, self-doubting, or ambivalent we are about what's happening in our interactions with other people, we can never entirely silence the inner voice that always tells us the truth. We may not like the sound of the truth, and we often let it murmur just outside our consciousness, not stopping long enough to listen. But when we pay attention to it, it leads us toward wisdom, health, and clarity. That voice is the guardian of our integrity.

—Susan Forward, Ph.D.

This book is for the children, young and old, whose lives have been affected by borderline personality disorder. And to our teachers: the hundreds of people who told us their stories, shared their tears, and offered us their insight. You made this book possible.

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