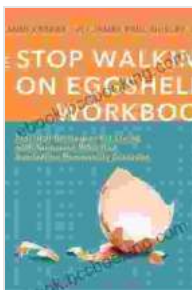


Break the Cycle of Walking on Eggshells with The Stop Walking On Eggshells Workbook

If you're living with someone who has Borderline Personality Disorder (BPD), you know how difficult it can be to navigate their emotional storms. You may feel like you're constantly walking on eggshells, trying to avoid setting them off. This can take a toll on your own mental health, and it can make it difficult to maintain a healthy relationship.



The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder (A New Harbinger Self-Help

Workbook) by Randi Kreger

★★★★☆ 4.6 out of 5

Language : English
File size : 664 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 223 pages



The Stop Walking On Eggshells Workbook is designed to help you understand how a borderline personality disorder diagnosis can impact a relationship and learn how to communicate and cope with a partner who has BPD. This workbook is written by Paul Mason and Randi Kreger, two experienced

therapists who have worked with hundreds of people who are living with BPD.

The workbook is divided into three sections:

- **Section 1: Understanding BPD**
- **Section 2: Communicating with Someone with BPD**
- **Section 3: Coping with the Challenges of BPD**

In Section 1, you'll learn about the symptoms of BPD, the different types of BPD, and how BPD can impact a relationship. In Section 2, you'll learn how to communicate with someone with BPD in a way that is both respectful and effective. In Section 3, you'll learn how to cope with the challenges of BPD, such as emotional dysregulation, impulsivity, and self-harm.

The Stop Walking On Eggshells Workbook is a valuable resource for anyone who is living with someone who has BPD. This workbook can help you to understand the disorder, communicate more effectively, and cope with the challenges of BPD. If you're ready to break the cycle of walking on eggshells, this workbook is a great place to start.

What You'll Learn in The Stop Walking On Eggshells Workbook

- The symptoms of BPD and how they can impact a relationship
- The different types of BPD
- How to communicate with someone with BPD in a way that is both respectful and effective

- How to cope with the challenges of BPD, such as emotional dysregulation, impulsivity, and self-harm
- How to protect yourself from the emotional abuse that often accompanies a borderline personality disorder diagnosis
- How to identify and challenge unhealthy behaviors that are impacting your emotional stability

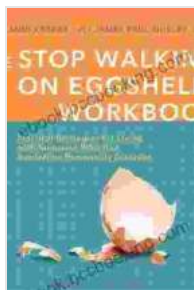
Who This Workbook Is For

The Stop Walking On Eggshells Workbook is for anyone who is living with someone who has BPD. This includes family members, friends, partners, and spouses. This workbook can also be helpful for therapists and other professionals who work with people with BPD.

Free Download Your Copy Today

The Stop Walking On Eggshells Workbook is available for Free Download on Our Book Library.com and other online retailers. You can also Free Download a copy directly from the publisher, New Harbinger Publications.

Don't wait another day to start breaking the cycle of walking on eggshells. Free Download your copy of The Stop Walking On Eggshells Workbook today.



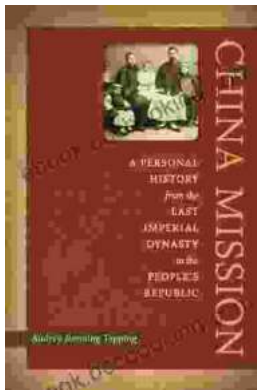
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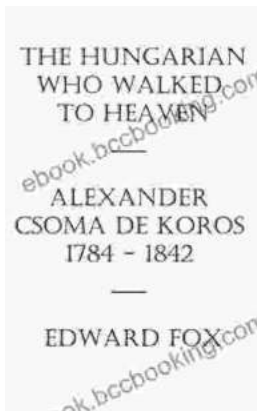
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