

BPD 1

- Live with avoidance of conflict and escalation—anticipation of crisis
- What you say or do will be twisted and used against you
- Blamed and criticized for their unhappiness
- Target of intense irrational rages alternating with normal and loving behavior
- Sees you either all good or all bad with nothing in between—no rational reason for switch
- Expectations and rules of engagement constantly changing so you can never do anything right
- Accused of doing things you never did and saying things you never said—feeling misunderstood---projections onto you—when you try to explain he doesn't believe you and gets enraged
- Makes promises and declarations of love to switch to implicit or explicit threats
- Find yourself in no-win situations