

A Sense Of Independence In Your Partner

Caring for someone with a mental illness should never fall to one person alone. Suggest calling their therapist or an emergency hotline or going together to the emergency room. There are bound to be times when you feel overwhelmed and unable to cope. Because of this, it is crucial to have a strong network around you of people you can rely on in times of exhaustion, stress and overwhelm. Allow yourself plenty of time to engage in hobbies and relaxation activities with friends who you can be open with. Ensure too that you have people you can speak openly to about the experience of living with someone with borderline personality disorder. Depending on the situation, your loved one's friends, siblings, parents, children or extended family members are all people who can be turned to for support. When dealing with a physical illness, recovery is often very black and white. But recovery is completely different when it comes to mental illness. Vary rarely does recovery see the complete elimination of symptoms and it is unlikely that someone suffering from a mental health disorder will ever be able to completely dispense with the need for therapy, medication or other treatments. When dealing with borderline personality disorder, recovery can be measured in a number of ways. A sufferer in recovery will experience less frequent emotional outbursts, and these outbursts will decrease in intensity. While it is of course possible that there will be relapses, such crises will likely be resolved much more quickly than in the past. As their symptoms improve, your loved one will likely feel more and more confident taking steps towards living a full and successful life. Offering your support at every step of the journey will go a long way towards assisting this recovery. For this reason, many people find themselves in relationships with sufferers of borderline personality disorder. But the challenges of this illness mean a relationship with such a person is likely to be a cycle of perpetual arguments and dramas. The key lies in knowing what to expect, and how your partner's disorder may manifest itself. Recognize that this is a symptom of the disorder, and likely not directly related to something you may or may not have done. Experiencing even the smallest amount of conflict can lead your partner to believe that you are about to leave them. You have probably noticed your partner tends to pick fights with you when things seem to be going well. In order to regain a sense of normalcy, they will seek to uproot this security through aggression, hostility and other damaging behavior. In order to make themselves feel alive, they may attack you, or create conflict in another way. This helps them feel something, which, in their eyes, is better than feeling empty. It may feel as though the more you love your partner, the less they seem to love you. All this conflict and confusion may have you doubting whether you have the strength to maintain the relationship. These concerns can be heightened by the fact that you don't have your partner to rely on or confide in. This can leave you feeling lost and alone. This will help increase empathy in the relationship, and help you understand the struggles faced by your partner on a daily basis. By familiarizing yourself with the traits of the disorder, it should become clear to you that your partner's challenging behavior is the result of an illness, rather than a choice. You may choose to attend therapy sessions alone or as a couple. It is crucial however that you take care not to say anything that your partner may perceive as a slight, or may make them feel unloved, or as though the relationship is about to end. Ensure that all discussions you have come from a place of love, rather than attacking your partner or seeking

to put them down.Ensure your meaning is clear.For this reason, it is important to make sure you communicate your meaning as effectively as possible.Do not assume your facial expression is enough to convey what you are thinking.Hold discussions only when your partner is calm.Make sure your partner knows you are there for them, in good times and bad.Foster a sense of independence in your partner.Even the smallest of separations such as a vacation or work trip can be a source of immense stress.These separations can be beneficial for fostering a sense of independence in your partner.While of course it is wonderful to have a partner with whom you can share so much of your life, having separate interests is great for your partner's sense of independence.If you are apart for longer than a few hours, it can be helpful to check in on your partner, to ensure they understand that the separation is only temporary and that they are not being rejected.After all, it is just one facet of who they are.See past the illness to your partner's personality and avoid labeling.It is important to allow yourself time to step back and relax.Prioritize time for friends and hobbies, both alone and with your partner.Don't take it personally.While an examination of your parenting styles can be beneficially, refrain from placing the blame for your child's condition squarely on your own shoulders.Recognize that you did and are doing the best you could do in the situation.Children with heightened emotional sensitivity take a special kind of parenting and it can be an enormous challenge for parents to know how to respond effectively.Practice emotional independence.As a parent, it is easy to let your child's moods determine the way you yourself are feeling.Foster your own emotional independence and work at growing your own tolerance to distress.By building your own control over your emotions, you will be able to show love and support for your child, without letting your mood be influenced by his or her own.