

Own Up To Your Mistakes

Accept That There Are Times You Will Feel Helpless. To counter this, acknowledge that you are, in fact, helpless, but allow yourself to accept and be okay with this. I am definitely going to fail. In a situation like this, it is obvious that there is unlikely to be a positive outcome. Instead, calmly respond along the lines of I wish there was something I could do to help, acknowledging the problem but accepting you are unable to assist with a solution. For example, they may say something along the lines of I can't get by without cocaine. While to you, this may seem like an untrue statement, resist the urge to argue your point outright. They likely know just how damaging cocaine can be. However, there is likely more than a little truth to their claim that they cannot get by without it. If they refuse to drop the subject or continue to argue, respond calmly with something like I disagree with you, or I'm not going to insult your intelligence by arguing any more about this. Find the true meaning beneath hostile comments. For example, they may ask bitterly, Why do you always act like my mother? While this can come across as a hostile comment, they may actually be making a comment on your caring nature. You can respond by simply acknowledging what they say to be true, for example, Yes, I care about you very much. While it is ingrained in us to notice body language and tone of voice, in such a situation, it is beneficial to do the exact opposite and pay attention purely to the words being spoken. This will help you see past the hostility to the true meaning beneath.

Be Conscious of Attempts at Creating Division. This will undoubtedly lead to disagreements in the best way to handle such an individual. The best way to counter such a technique is to be aware of it. Ask the family member with whom you are arguing what they are basing their opinion on. From here, you can agree on the best way forward, now you have all the information. For example, if they are trying to play you off against another family member, they may also make disparaging remarks about that person to you. If this situation arises, do your best not to respond emotionally and present any disagreements in a calm and respectful manner.

Own Up to Your Mistakes. You may find yourself acting aggressively or saying things you did not mean. If this happens, own up to your mistake. Wait until you are both calm and apologize for your behavior. But be sure to apologize only for the damaging thing you did or said, not for the negative emotions that led to it. I'm sorry I criticized you, but I felt as though were automatically dismissing everything I said to you without taking it into consideration. While apologizing can be difficult, exhibit a strong sense of integrity and responsibility. Be someone your loved one can look up to and admire. Because of this, there are many people who never leave their unhappy relationships with borderline partners, condemning both themselves and their partner to a life of unhappiness and conflict. Leaving someone with borderline personality disorder takes a lot of courage, but if you are unhappy in the relationship and you feel it has no future, it must be done. You cannot spend your life in an unhappy relationship and nor can you expect your partner to do the same. Give yourself permission to end the relationship. For many people, this can be the biggest challenge. It is important to remember that this is your life. If you are anxious and unhappy in the relationship more than you are enjoying it, that is a sure sign that you need to get out. Give yourself permission to put yourself first. Be kind and succinct. When it comes to ending the relationship, endeavor to do so in a kind manner. Tell your partner calmly and clearly that you have appreciated your time together, but that it has now come to an end. Avoid going into detailed reasons

about why the relationship is ending. There is no need to lay blame or point out all the reasons you are leaving. When leaving any relationship, no matter how damaging, it is normal to feel a sense of loss and emptiness. Acknowledge that this is okay and give yourself permission to feel these emotions. Allow yourself to cry, to feel grief, to miss your partner. You may have been led to believe that making the right decision results only in good feelings, therefore, these negative emotions signal you have made the wrong choice. Coupled with any guilt that may be arising, has the potential to have you questioning your decision. Remind yourself that you have made the decision that's best for yourself - and stick to it! While this can be an immensely challenging period for you, the best thing you can do is not engage in any of their attempts at communication. Doing so will only prolong the pain of the situation for both of you. And they will do whatever they can to try and regain control and win you back. But accept that you cannot be held responsible for their behavior forever. You must begin to put yourself first. Because of this, they make seek to hang on to your belongings after the breakup, in an attempt to keep hold of a piece of you. This is their way of not accepting that the relationship is truly over and of keeping the door open for far longer than you may wish. If you are considering leaving a relationship, it is a good idea to remove any stuff you have from your partner's home beforehand. This will remove the potential for any bitter conflicts that can arise when you try and reclaim your belongings, along with the chance of anything being destroyed in your partner's rage.