

# CHAPTER ONE

## *The Central Dilemma of The Non Borderline on The Other Side of BPD*

A dilemma is any difficult or perplexing situation or problem. It can be a situation that presents to you a double bind. A dilemma is a situation that requires a choice between what appear to be equally undesirable alternatives.

The central dilemma of the non borderline on the other side of someone in your life with Borderline Personality Disorder (BPD) presents you with a quandary that in and through its predicament reveals a puzzle that you then feel compelled to solve.

What you first feel compelled to unravel is Borderline Personality Disorder itself. There is a stage where the non borderline must find out as much as possible about what BPD is, what it means, attempting to understand it all. What then follows is the non borderline's conclusions about whether or not there is reasonable hope for the kind of solutions that could bring some relief to the torment that is suffered on the other side of BPD. The *what-to-do* conundrum is unearthed.

From this conundrum comes the pain of frustration that most encounter when most evidence uncovered in the research and understanding process points to the very steep up-hill climb that recovery

from BPD, for the borderline means. Add to this the reality that the suffering of many non borderlines increases drastically on the other side of BPD when they continue to fight against what really, for most, becomes clear, over time - that they cannot effect change, or control whether or not the borderline in their lives will get into and stay in therapy, let alone whether or not that therapy will result in the kind of change on the road to recovery that could mean a relationship doesn't have to end.

At the core of any and all non borderline dilemmas on the other side of someone in their lives with BPD, will eventually come down to a very painful and gut-wrenching question, "Can borderlines love?" followed closely by the question, "Do borderlines feel love?"

The answers to these questions, among many other questions that non borderlines grapple with, on the other side of BPD, can be found in this ebook. It is important to remember that sometimes when we seek to solve a puzzle we find out things that are very painful and that for a time we may well wish we didn't have to face - that we may well not want to deal with the emotional fall-out of.

This is really why the central dilemma of non borderlines is a no-win double bind of emotionally devastating proportions.

***The non borderline mantra has become - am I losing myself? Am I the one who is crazy? What is really going on here?***

I am a person who grew up with two parents with Borderline Personality Disorder. I then developed it and was diagnosed with it myself. I recovered from BPD at the age of 38. I have been recovered living my life for last 12 years as a non borderline. Six years into my non borderline life I ended up in a relationship with a person with Borderline Personality Disorder/Narcissistic Personality Disorder and stood fully in the non borderline predicament living the central dilemma of what it means to be a non borderline, on the other side of BPD first hand. The entire train wreck from start to finish devoured 3 years of my life. (I have written about that relationship and all the lessons I learned that may benefit other nons in my ebook, "Full Circle - Lesson For Non Borderlines)

***Non borderlines need to really understand that borderlines by the very nature of what BPD is and means live in a parallel world. A world that the non borderline really can't fathom, let alone relate to.***

Non borderlines, on the other side of someone with Borderline Personality Disorder have no foundation that can prepare them to deal with what BPD really is and how it manifests in the lives of those diagnosed with it. There is, to say the least, quite a culture shock of sorts as one begins to experience the universe of BPD and the many ways that can devastate your life.

Even well-after the fact, when relationships have ended many non borderlines continue to be confused and focused on what happened and why. The non borderline dilemma often out-lives the relation-

ship with someone with BPD in many lives. This is the kind of continued suffering I hope that this ebook may help you avoid. What you, as a non borderline, decide to do with the central dilemma of all dilemmas that you must cope with on the other side of Borderline Personality Disorder will determine the amount of pain and suffering that you will encounter as the result of being in anyway involved with someone with BPD.

Non borderlines (as I wrote about in “The Other Side of BPD - Mindfulness and Radical Acceptance for Non Borderlines”) need to accept that they do not have control over what someone with BPD will or won’t do.

You cannot control what happens to the borderline in your life. You cannot control whether or not they will get help, get somewhat better, or recover. In the meantime there is the reality that you likely need relief from the pain that you are in. You won’t find that relief in trying to control the borderline. You won’t find that relief in trying to change the borderline. You won’t find that relief in trying to settle for what is intolerable.

You won’t find that relief in focusing endlessly on trying to figure out the borderline or BPD itself. You won’t find that relief anywhere but from the inside of yourself on out. You must be willing to take a long hard look into the mirror of your own pain and what it challenges you to do. The challenge of what to do that is put forth by your own pain and suffering, as a non borderline, also seeks to be the teacher of lessons that you need to learn in order to find the re-

lief you need, the quality of life, especially in relationships that you need, and the peace that you deserve.

You won't find that relief in attempts to avoid the central dilemma that rises out of all non borderline dilemmas. And you especially will not find that relief you seek, the improved quality of life you long for, and the peace that you need and deserve by putting your head in the sand as to the reality of the answers to the two main questions that are at the centre of all questions that arise as puzzle pieces in the non borderline dilemma.

There are really endless questions, aren't there? Endless questions that can drive the non borderline darn near crazy trying to research, find, or figure out the answers to.

Questions, however, are good things. Questions are the harbingers of the answers that you really need to find the information and answers that will form the basis of your being able to take action and make the choices that will create for you, in your life, the kind of change that you decide you need, want, and/or deserve.

Live the questions. The process of the non borderline in freeing him or herself from tremendous suffering and the painful enigma of loving or caring about and/or trying to help someone with BPD, begins when you start to ask and live questions that are focused on you - not the borderline.

When you feel lost, helpless, victimized, confused, disillusioned,

and suffering emotionally on the other side of BPD, as a non borderline, you do have the power to free yourself, to change what you need change in your own life. But, you can't have the time and energy for that if you are still focusing on the rescue of the borderline in your life. You can only change you. You can only make change in your life.

### ***Questions at the heart of The Non Dilemma Part One***

The non borderline dilemma on the other side of BPD is everything that leads to these two main questions, Can a borderline love? Do Borderlines feel love?

**These two questions are often arrived at or surrounded by these common questions:**

Does the borderline (or did) the borderline even ever really love me at all?

Am I (or was I ) even really there to him/her?

Am I (or was I) visible?

How do I make sense of it all?

What do I do with my feelings of guilt, shame, and self-blame?

What is that niggling and very painful feeling in the pit of my soul?