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*20 Foundational Keys of The Talionic Impulse For Revenge in BPD*  
*Freud's Myth of the Primal Horde as relates to BPD Punishment*  
*The 15 most common elements in Borderline Punishment Cycle*  
*How Borderlines Punish - 7 Common Questions*  
*Why Borderlines Punish - 7 Common Questions*

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# About This Ebook

This Ebook focuses on the description of and reasons for punishment and revenge by those who have Borderline Personality Disorder - primarily for loved ones of those diagnosed with BPD. The reality of the talionic impulse that those with BPD have not been able to learn to regulate or master. Admitting and becoming aware of the need to achieve the mastery of the talionic impulse is the first step for those with BPD. It is a step on the path that is the journey of recovery that is not easy and that is painful.

If you are a family member, loved one, ex or relationship partner of someone with BPD - a non borderline - you will benefit greatly in your process or decision-making about what you need in your own life by gaining a deeper understanding about punishment and revenge in BPD from the inside out. Please keep in mind that you cannot rescue or change the person with BPD in your life, or who was in your life. But, that with a greater understanding you can help yourself to live with healthier boundaries and in ways that promote your staying mentally healthy.

This ebook is written primarily for those who have or have had a loved one with BPD - non borderlines. If you haven't already purchased my ebook, [Rage and BPD](#), along with my audio program [Rage Addiction In BPD](#) or didn't purchase it with this ebook, you may want to purchase it as there is a lot of information in that ebook about rage which is central to the foundation of the Talionic Impulse in BPD - the punishment and revenge that is borderline toxic relating that is necessary for both borderlines and non borderlines to understand and be aware of.

I also have many audio programs for loved ones at: [http://phoenixrisingpublications.ca/Category/Audio\\_Non\\_Borderline/](http://phoenixrisingpublications.ca/Category/Audio_Non_Borderline/)

# About the Author



A.J. Mahari is a 52 year old professional writer, Life Coach and BPD Coach, who lives in Ontario, Canada. She is, among other things, a self-defined student of life. A.J., recovered from Borderline Personality Disorder, (BPD) years ago. She knows both the borderline and the non borderline sides of this most formidable personality disorder from first-hand life experience. A.J. is not a mental health professional.

Since her recovery from BPD, she has discovered that a large part of both her passion and purpose involves paying-forward all that she has learned and gained insight about in her very hard-fought-for recovery in order to help others.

*“If you have BPD, or are a loved one of someone with BPD, it is crucial, that you allow hope to be a mantra through the mindful radical acceptance of the challenges that you face.”*

Surpassing BPD does not make life perfect. It makes life manageable. It means that we step off the polarized planet of BPD and step into the mainstream of much more emotional maturity in life - life in all of its rich and often complicated paradoxes. Life that requires we live from an authentic self that consistently exercises personal responsibility and that learns to relate in healthy age-appropriate ways. Along with authentic self reclamation it is necessary for anyone on the road to recovery from BPD to learn to understand and master the talionic impulses that lie at the heart of much of the toxic relational style of the borderline false self. That punitive, demanding, hostage-taking controlling way of “relating” must be overcome.

# BPD Defined

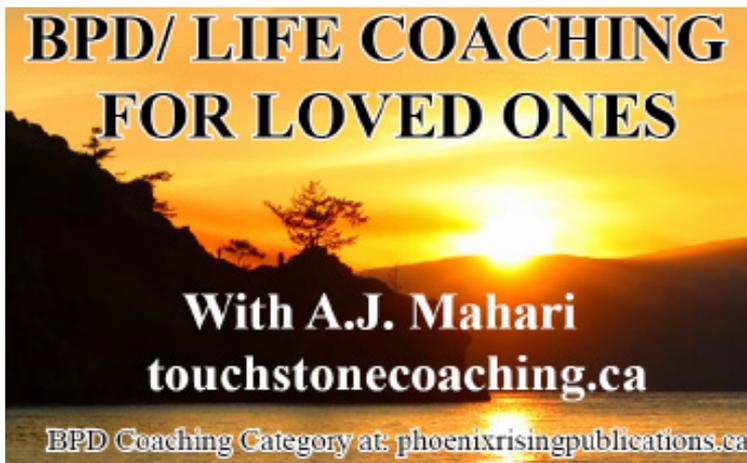
“The defining criteria of Borderline Personality Disorder (BPD) is a pervasive pattern [traits] of instability of interpersonal relationships, self-image, and affects, and marked impulsivity that begins by early adulthood and is present in a variety of contexts, “as indicated by five (or more) of the following:

1. Frantic efforts to avoid real or imagined abandonment.
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
3. Identity disturbance: markedly and persistently unstable self-image or sense of self; or sense of long-term goals; or career choices, types of friends desired or values preferred.
4. Impulsivity in at least two areas that are potentially self-damaging: for example; spending, sex, substance abuse, and binge eating.
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.
6. Affective instability: marked shifts from baseline mood to depression, irritability, or anxiety, usually lasting a few hours and only rarely more than a few days.
7. Chronic feelings of emptiness.
8. Inappropriate, intense anger or difficulty controlling anger; frequent displays of temper.
9. Transient, stress-related paranoid ideation or severe dissociative symptoms.

# Chapter One

## Punishment and Revenge Patterned and Cyclical

Punishment and seeking revenge can be experienced from people who do not have BPD. There are times in people's lives when they do not handle their anger as effectively as perhaps they would have liked to. Most people, after being mean, or acting in ways that don't take the feelings of others into account, realize they've gone too far, and often apologize and then make the necessary corrections in their actions in future. People with BPD cannot really make these corrections on a consistent and congruent basis. Even if they apologize at some point, sooner or later their punishing/revenge seeking will return when next they are triggered emotionally.



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Punishment and seeking revenge are so intensely a part of the way that those who have Borderline Personality Disorder (BPD) often relate to others. There are many reasons for this which I explore in this book. Everything from the roots of and psychological damage from abandonment and invalidation to the various defense mechanism used by those with BPD, such as splitting. People who are diagnosed with BPD do not think the same way as non-personality disordered people think. For people with BPD it is their emotions that dictate their experience and how they perceive and react to the way that they feel. Their emotions are not balanced with rational thoughts more often than not. Their emotions take over.

It is also important to realize that people with BPD do not have a stable sense of self. This lack of self, and indeed, what I refer to as the *borderline false self*, contributes greatly to borderline punishing and revenge.

The combination of an unstable sense of self and the borderline false self means that people who have BPD are actually attempting to live through others without consciously being aware of this. This is a central contributing factor in why so much punishment and revenge is directed at those that people with BPD get closest to.

For anyone who hasn't read any other [Ebooks](#) of mine or who may not know, I myself, was diagnosed with BPD when I was 19. I recovered, after intensive group therapy in 1997. I was 38 years old. It took a couple of years to really consolidate the gains and changes of my recovery. I felt I was on more solid-footing with my recovery at the age of 40. I am now 52. I have lived the last 12-14 years of my life, no longer meeting the criteria for BPD. Even more than that,

however, I have in all this time been living an average and healthy life. A less intense life that is balanced between rational thoughts and feelings and that isn't all about cognitive distortions or merely reacting to my emotions as it was when I had BPD.

A lot of what I write about in this book comes from my own first-hand experience with the understanding that only those who have or have had BPD can truly have of what it is like to feel as one does with BPD and how that so easily and often translates into punishing and seeking revenge against self and others. When I had BPD I was a person, then, who punished others often. Since my recovery I now know why. That doesn't make it right. But I hope it helps you to understand more so that you can take care of yourself.

I was also the child of a father with both Borderline Personality

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Disorder and Narcissistic Personality Disorder who was an alcoholic who *functioned* in terms of working.

My mother has Borderline Personality Disorder as well. I was often on the receiving end of their punishment and revenge as a child, young adult, and into my adult and borderline years. I got online in 1996 and by April of 1997 I had launched my first website. I have received thousands of emails from those diagnosed with BPD and loved ones alike all of these years in which people describe what they are experiencing along with asking me questions as part of their efforts to understand more about Borderline Personality Disorder.

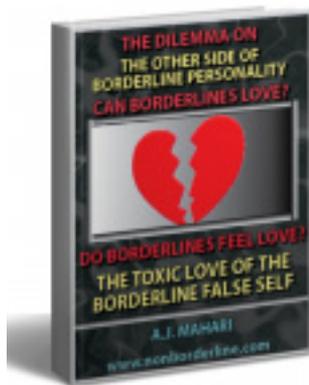
I have been coaching clients who have someone, or have had someone in their lives with BPD, for almost 8 years now. There are many common themes and patterns that I have been able to identify in a great deal of the experience of these clients over the years.

Punishment and revenge alternating with seemingly more friendly or benign behavior is something that almost every client I have ever worked with has talked extensively about. It is very common for those who are non-personality disordered to be very confused by this alternating punishment/revenge/rage/anger/silent treatment and then “okayness” or calmness and relative civility. It leaves loved ones exhausted, feeling lost to themselves often, frustrated, hurt, and in some cases feeling like maybe they are losing their minds. Many wonder if the person in their lives with BPD is actually two or more people because the attitudes and behavior displayed in the all-bad side of the splitting cycle are so mean, cruel, often abusive, and so unlike who they thought their loved one was or who they still hope the loved one really is.

Who is your loved one with Borderline Personality Disorder - really? Does he or she sometimes act kind or caring and then on a dime, out of nowhere, either rage or disengage, detach, and give you the silent treatment? Does he or she emotionally and verbally punish you with verbal abuse? Does your loved one have a very low frustration tolerance for any frustrated want or need? Does your borderline loved one have to be right? Is he or she incapable of being disagreed with? Is it his or her way or the highway? Is it his or her way or cycles of punishment and revenge? Do you feel like you are walking on eggshells? Do you feel damned if you do and damned if you don't, confused if all goes well and confused when it all goes to hell in a handbasket in a heartbeat?

A client of mine, Jeffrey, (a pseudonym) the husband of a borderline

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of BPD Ebook - *Toxic Love and the  
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wife, was distraught when we first began working together. He was not able to make any sense out of his wife's reactions, behavior, moods, or the way she'd have to punish him for weeks.

Like a washer/dryer laundry cycle, he described the way that his wife would be sort of like an average wife for about two weeks, at a time, at the most. After this period of time, almost like "clock-work" he said, she'd just "go-off". She'd "explode". He never knew why. He admitted that he spent a lot of time thinking about this. He spent hours and hours in anguish about these episodes and their toll on him and his children.

Jeffery's wife would leave him every five weeks. It was always, according to his wife, Jeffery's fault. Jeffery couldn't figure out what on earth he could have done. Each and every time these cyclical episodes would occur and his wife would take off out of the house, abandon her obligations to her family and leave Jeffery with the children, he would, whenever he had a bit of time, sit and try to figure out what he might have done that would cause or contribute to whatever was going on with and for his wife. Jeffery didn't really have any answers. Jeffery was suffering, confused and in great pain.

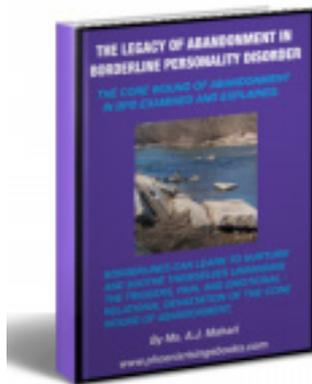
When his wife would take off from the family home, she would go and live in an apartment she had rented only six months into their marriage when her taking-off episodes began. Once at that apartment, Jeffery wouldn't be able to talk to his wife for at least two weeks. If he tried to call she'd either ignore him or pick up the phone and hang up on him. Jeffery learned not to call in the first two weeks because his wife would not talk at all. She would not respond to email, not reply to texts or any form of communication in these first two weeks.

In the third and fourth week, he could call or text her and she would respond. Often her responses were a mix of civil conversation rotating with verbal abuse, anger, and hang-ups. By the fifth week, at some point, she'd contact him and they would agree to meet at a favorite eatery and talk. During dinner, each and every time without fail, she would flirt with Jeffrey. He always felt confused. He was hurt. He had so many questions about what was going on the last five weeks (in each cycle of five weeks) - questions he dare not ask for fear the whole cycle would start over again.

Without any discussion as to what had happened the day his wife would leave the house, each five week cycle, and without any apology or explanation, Jeffrey's wife would be the woman he thought he married at these dinners. Her flirting would open the door for close-

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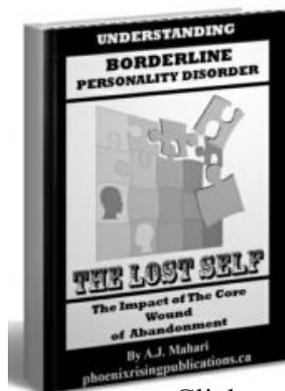
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ness and sexual intimacy. Each and every time this cycle reached this “end-stage” Jeffrey would somehow have the illusion that this was it, things would now, somehow be okay. That’s what he always hoped for. That’s what he wanted to believe. He would often express wishing that his wife would talk to him, explain something, apologize, realize that he and their children were being hurt by her actions, care about his and their feelings instead of just her own. Jeffrey described having such dual feelings as the years of this progressed.

This pattern has been going for Jeffrey’s wife, who was diagnosed with BPD, for 12 years. He doesn’t think he can take much more. He feels caught between the woman he experiences for two weeks and the woman who takes off for five weeks to come back for two to leave for five and so on. He has proof that when his wife takes off

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she does not often spend her nights alone. Yet, he still loves her. He doesn't know what to do.

In working with Jeffrey to help him come to terms with what is going on with his wife, in his life, his relationship, and with his kids, he has a difficult time sticking to his identified goals. He is confused about that. He feels stuck. He is tired of being judged by his family and friends, his wife's family, and some friends they have as a couple. He feels betrayed. Yet, when his wife calls him to the inevitable dinner after five weeks, he goes. He follows the cycle around. He wants his wife back. Each time he believes "this time" will be different.

How can someone believe that "this time" will be different after 12 years of such a pattern? Can you relate to this with whatever your situation and experience with someone with BPD is or has been?

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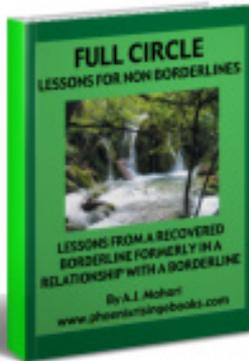
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Why would Jeffrey file for divorce multiple times but continue to stop the process over and over? Why would he identify goals and then not follow through on them? Why would he effectively allow his wife to punish him, betray and abuse him in the name of love, hope and what is really the illusion of love and hope?

Is this all about his borderline wife only? Is there something that he, perhaps, like you, still needs to learn, come to terms with, and change?

So many loved ones of those with Borderline Personality Disorder, whether punished for minutes, hours, days, weeks, months, or years, continue to focus - over-focus - really, on the person with BPD and to work over-time to try to help the person with BPD, in one way or another, all in efforts to try to get them to be aware of what they are doing so they will stop it.

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Wanting them to stop it so that things can be as one thought they were going to be or as things once were before the person with BPD “changed”. Before the *behavior honeymoon* abruptly ends in borderline splitting leading to punishment and/or revenge.

Another client of mine, Marty, (a pseudonym) has been dating her boyfriend, who was diagnosed with Borderline Personality Disorder, for two years now. She, like, Jeffrey, has become aware of her borderline’s cyclical patterns.

Like Jeffrey, Marty, has some fairly firm ideas about what she can and can’t live with. Also, like Jeffrey, Marty has identified goals in the process of engaging in life coaching with me, that she knows she wants and needs to work toward. Goals that her actions are still resisting. Marty often describes deep feelings of confusion. She worries she’ll make the wrong choice. She wants to wait and be sure about her choices.

However, even moreso than Jeffrey, Marty tends to take on responsibility for her boyfriend’s (let’s call him Joe) rage and abuse. Joe, she says, rages and gets verbally abusive, sometimes escalating to physical outbursts - breaking things, throwing things and so forth. Marty now realizes how throwing things around her and breaking things in her direction does constitute physical abuse on Joe’s part. However, Marty, is still grappling with trying to rescue Joe from BPD and “from himself” as she puts it. She just loves him so much she reports.

Jeffrey too, reports how much he still loves his wife, even though he is further down the road in the process of coming to terms with what (untreated) Borderline Personality Disorder is and means in terms of relationships. Yet, Jeffrey, just like Marty feels lost and confused

about how to achieve the goal of ending the relationship when he still has so much love for his wife.

Can you relate to this? Are you being punished and/or suffering the revenge of someone in your life - or who was in your life with BPD? Are you confused about all that you know you are experiencing and going through that is unhealthy and painful and the reality that you still invested or stuck because of feelings of love? Have you yet to fully understand in an experiential way what love has to do with the punishment and revenge of many with BPD? Are you still wanting to believe that the person with BPD in your life who is punishing and exacts revenge at your expense and then may blame you for it is actually capable of healthy mature adult love?

So many loved ones of those with BPD, for some time, as they come

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to understand what they are actually dealing with, confuse much about the intensity and splitting of those with BPD as having something to do with love. **It isn't love.** You likely know this rationally on some level. But, when it comes to investing in sought after love and relationships coming to know this on an emotional level is a process for loved ones of BPD. In the meantime, as you journey toward your own understanding about the state and condition of any love that tries to co-exist with untreated (or unsuccessfully treated) Borderline Personality Disorder you will greatly benefit from understanding the source, the nature, and the many reasons behind what is an unmastered talionic impulse in those with BPD. Punishment and revenge doesn't have anything to do with healthy love. Healthy love does not become a vehicle for punishment and revenge.

How are you supposed to come to understand who your loved one with BPD really is? Is he or she the person in between the cycles of

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punishment and revenge? Is he or she the person in between rapid and frequent mood shifts? Is he or she the person in between intense and frequent displays of anger? Or is he or she the person who is the absense of the person you thought your loved one was, still hope he or she is or still want him or her to be?

Many of my clients, like Jeffrey and Marty, articulate and set reachable goals. Goals that require mindfulness and radical acceptance to pursue. Goals that are a process of working toward, one step at a time. Goals that often mean loss, one way or another, to one degree or another. Goals that they have actually been fighting against and resisting for various periods of time.

The punishment and revenge that, more often than not, goes along with relating for many who have BPD, takes its toll on their loved ones. Is the punishment and revenge you are experiencing or have

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experienced taking its toll on you? Do you need to know more? The borderline mind is a parallel universe. Understanding it will also help you on your journey to understand and learn how to cope with borderline punishment and revenge.

The rest of this ebook will give you a much more in depth understanding of punishment and revenge in Borderline Personality Disorder. It will give you much food for thought. This Ebook will answer the question as to where punishment and revenge come from in BPD. It will address the how's and those elusive why's as well.

In this Ebook I also share my own experience of mastering my previously unmastered talionic impulse through my recovery from BPD. I had to do this work and endure the pain of the work and chosen and fought for personal growth to really come to understand fully the nature, cause, scope, and yes, even purpose of borderline punishment and revenge against those they have claimed to love or still may well believe that they love.

The unmastered talionic impulse in BPD and its punishment and revenge seeking do not leave any room for healthy love.



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