

## Undisciplined Dilemma

The 24th rock and a hard place in and of BPD is the undisciplined dilemma of not having learned how to master the developmental stages in early childhood needed to acquire an average mastery of one's own emotions and of coping with them effectively.

*The lack of a known self is central to why those with BPD are not able to regulate their own emotions. This disconnection from self renders the borderline emotionally undisciplined. A reality that is more of a dilemma the older the borderline gets.*

Not having been able to develop one's own authentic self to a relatively healthy personality leaves those with BPD very emotionally vulnerable and undisciplined. It is another major way that the impact of the core wound of abandonment continues to effect the life of the borderline.

Borderline Personality Disorder, as the result of the core wound of abandonment, is often the result of unmet needs that disrupt one's abil-

ity to develop any emotional discipline. Discipline must be learned and can be learned. It is a major part of recovering from BPD.

For most who are diagnosed with Borderline Personality Disorder early developmental needs were not met or were perceived as not being met to the level required for satisfaction, self-trust, safety, and comfort and an ability to self-soothe to be achieved.

At each stage of development unmet need upon unmet need is stacked up one on top of the other. The result of this is an inability to develop a healthy personality. The result is all-too-often Borderline Personality Disorder. A personality disorder that doesn't just affect the lives of those diagnosed with it, but that also affects the lives of all who know/care about or love them.

This further results in maladaptive coping mechanisms that, by their very nature, continue to increase the impulsivity of the borderline as he/she attempts to compensate for those unmet needs.

**The 25th rock and a hard place in and of BPD is this impulsiveness is born out of frantic and desperate attempts to satisfy needs and soothe anxieties and fears.**

Borderline's are very emotionally undisciplined because in their efforts to continually catch up to all of their unmet (un-

satisfied) needs there is a strong feeling that everything is of the utmost importance and urgency. Any little upset can be major for someone with BPD. It can be triggering and dys-regulate their emotions and shift their mood in one second flat in ways that do not provide the borderline or the non borderline with any warning of this reactivity.

Most borderlines do not learn how to regulate their emotions or their experiences. Many are prone to anxiety and panic disorders.

***Borderlines, in the absence of a known self, must live through others to feel real or to even try to feel connected, however, fleetingly.***

Not having their developmental needs met means that most borderlines were unable to develop any healthy sense of self. This lack of awareness coupled with projection and all the defense mechanisms borderlines employ leaves each one of them living a very emotionally undisciplined

void of a life that they essentially are trying to live through others.

Discipline implies self-control and orderly conduct that is age-appropriate. This orderly conduct is learned behaviour. In order to learn it most of a person's developmental needs must be met.

Discipline is learned. In the lives of those who are diagnosed

with BPD many have had parents or other influences (care-takers) in their lives who may not have been disciplined enough themselves. Therefore, they could not possibly learn self-control and orderly age-appropriate conduct (emotionally).

A lot of the undisciplined emotional reactions of borderlines stem from a lack of emotional knowledge, awareness, and insight. A tremendous lack of emotional understanding, teaching or conditioning.

A big part of recovering from BPD has to do with learning how to emotionally mature beyond the defense mechanisms.

This involves re-parenting oneself in a way that allows one to go back and learn (usually in therapy) the skills that make it possible for each of us to meet our own needs.

A major part of this has to do with self-soothing. Many professionals believe that when a person with BPD learns to self-soothe and to meet his/her own needs they will not be borderline anymore.

If you are borderline, ask yourself if you are disciplined enough. Ask yourself if you are still caught up in chasing gratification from others at any and all costs. Ask yourself if you can delay your need for gratification in order to meet your own needs or not.

## **The Truth Behind The Masks of BPD**

**The 30th rock and a hard place in and of BPD is the reality and consequence of the many masks of BPD that keep those with BPD hidden from their own truth - a truth that must be consciously found in order to be able to get on the road to recovery.**

Recovery from Borderline Personality Disorder can only take place when a borderline is prepared to deal in truth, the whole truth and nothing but the truth. The truth is often walled in and hidden behind the many masks of BPD.

The truth that sits under the masks of BPD is deeply entrenched in the subconscious of the borderline leaving it often to varying degrees outside of his or her conscious awareness which is a significant contributing factor to the reality of this 30th rock and the hard place in and of BPD.

**NOTE:** *I want to clearly state that BPD is real and so it the pain and suffering of those diagnosed with it. When I talk about lies and deceit I am not discounting the reality of the pain, angst and turmoil of BPD. I am referring to the struggle for self and the challenge of letting go of the lies that we learn to tell to protect ourselves in order to find identity.*

When one has just been diagnosed with Borderline Personality Disorder (BPD) and or when one has not yet achieved a certain amount of recovery -- the truth about who you really are is often dissociated or fragmented from your authentic self. Your authentic self is buried under the pain, the fear, and all of your masks and defense mechanism. It has been left behind at the developmental stage at which you were last able to be, for the most part, yourself.

For many borderlines that separation from self occurs at a relatively young age when, emotionally, there is too much pain, or abandonment, or abuse experienced to hold onto to one's real self without losing those upon which one is dependant for

***If you have Borderline Personality Disorder, it is the degree to which you do not know who you really are that makes the masks you hide behind all the more formidable and painful. The masks that you hide behind because you do not know who you really are keep you separate from the pain that you need to understand in order to be able to reconnect with your lost authentic self.***

their safety, security, and other basic needs. Here's where the borderline puts on the first mask of false self.

Whatever danger to one's psyche exists or has been perceived by the borderline causes them to put on a mask of defense mechanisms in order to survive the turmoil. Mask

number two.

To further survive the annihilation of self the borderline than puts on mask number three - denial and or dissociation.

Mask number four is borderline behaviour designed to protect at all costs and usually motivated by triggered dissociative fragments of past-reality that are played out again and again through each new situation that unfolds in the life of the borderline.

***Hiding behind the masks of BPD is the central effect of the on-going impact of the core wound of abandonment in your life. The impact of the core wound of abandonment that keeps you separated from your lost authentic self is that it perpetuates the very pain of BPD that is the reason for the masks you are hiding behind in the first place.***

Unable to distinguish their familiar feelings from different experiences borderlines react in extremely patterned ways to all eventualities. They react either in extremes and vacillate between push and pull, closeness and distance in an effort to undo what has been done to them.

The masks of the borderline are walls that block him/her from him/herself as much as they

block others from him/herself. These walls are built with pain and despair. They are added to with depression and un-