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A 1971 Earth Day poster written and illustrated by and © Walt Kelly, featuring Pogo and Porkypine, as well as the first ever occurrence of the phrase, "We have met the enemy and he is us." **Walter Crawford Kelly, Jr** Walter Crawford Kelly, Jr (August 25, 1913 - October 18, 1973), known as Walt Kelly, was a cartoonist notable for his comic strip Pogo featuring characters that inhabited a portion of the Okefenokee Swamp in Georgia.

If you have Borderline Personality Disorder (BPD), you have, indeed met your one true enemy -- yourself -- namely, your false self to be much more specific, whether you are aware of it or not.

Each person with BPD, lives in and from a polluted inner "forest primeval" in his or her psyche. It gets borderlines at the heart of their emotional development, in the soul, and in the mind. It is hard to navigate through all of the feelings that are associated with false core wound of abandonment "stuff".

Like the "stuff" strewn about the "forest primeval" that Kelly felt reflected the state of the treatment of our planet at the time of Earth Day in 1971, the borderline "stuff" in the "forest primeval" of the borderline psyche has its roots in the emotional pollution of the core wound of abandonment.

That "stuff" all belongs to the supplanted false self of each and every person diagnosed with BPD.

While Pogo and Porkypine have to walk over the man-made insult that is the pollution of planet earth, the borderline faces a comparable chaotic emotional reality intra-psychically. One that ends up with each borderline not only being his or her own worst enemy but with each borderline perceiving most others to be the personification of the anatomy of his/her core wound(s) of abandonment through the introjected false self (whose core begins with bad mommy or the perception of an all-bad mommy) then projecting the strewn polluted emotional "stuff" out onto others in what becomes a life-schema that perpetually recreates the borderline's chaotically-cluttered and catastrophic efforts to thrive and emotionally/psychologically develop.

Just as the "forest primeval" has been unconscionably cluttered with the careless chaotic pollution of humankind so too has the blank slate of the (later to be borderline) child been equally egregiously altered. Planet developing authentic self is thrust completely out of the orbit of the developing (later to be borderline) child resulting not only in the arrested emotional develop-

ment of the child changing the landscape of the “forest primeval” of the previously unincumbered psyche of the young child by necessitating the rise of the false self that is born out of the emotional wasteland of the core wound of abandonment that interrupts the natural processes of the developing human psyche.

Borderlines are notoriously and profoundly wounded by the “stuff” that results from the core wound of abandonment. Much like the comic characters who conclude that, “It is hard walkin’ on this stuff” the reality and truth of the egg shells that those with BPD and other people around them walk on are the result of the need borderlines have to avoid the reality of the lost authentic self and of all of the resultant pain it endured at the time of its psychological death that borderlines abandoned long ago in the young and undeveloped psyche’s helpless surrender to the rise of the false self.

Once the borderline comes to understand the scope and reality of the false self, and the emotional devastation it leaves in its wake due to the core wound(s) of abandonment and the re-abandoning of that original pain (Bradshaw) by the borderline, in efforts to emotionally survive the loss of self and of identity he or she can then begin to lead the charge to clear his or her emotional “forest primeval” of the pollution of the psyche caused by arrested emotional development.

Each borderline, with a devastated emotional “forest primeval” must come to a clear realization of the meaning of that reality just as Pogo and Porkypine conveyed to all who read, through, Kelly, the reality of the devastating nature of the human abuse of nature - so too must the borderline clearly unravel the big picture and realize that it is, in fact, he/she - not all who are projected upon and experienced as the enemy - that is in fact his or her own true and worst enemy.



world why this woman would say such a thing to me.

Looking back this astonishes me now because what that therapist said was not only very true of my life, but, I had been sitting there telling her all about what my life was like. I just was not clued in to what that meant. Emotionally I was totally not connected to the reality of my own experience thus far in my life. And, in the case of all that was about losses and having been abandoned over and over again, not mention betrayed,

It is not unusual for those with BPD to have a very difficult time letting into their consciousness the reality of all of the loss, the betrayal, and the pain of all of what was abandonment on top of the core wound of abandonment. There is so much pain associated with this abandonment that to even begin to let it in feels so overwhelming that one can feel as if it is going to annihilate them, literally. It must be defended against at all cost by the borderline still dissociated from and abandoning the pain of his or her own authentic self. It is first the protection of the false self as we will see later in this ebook and it then becomes more about the false self perpetuating its own survival at the expense of any attempt made by the authentic self to re-emerge, generally, and particularly in therapy.

What is Meant By The Core Wound of Abandonment?

I will just briefly outline the core wound of abandonment in this ebook. The core wound of abandonment is the original pain experienced by the very young developing infant (and/or at various other stages of early childhood development) when secure attachment and bonding are not achieved. A core wound of abandonment results whenever a young developing infant or toddler has needs that are thwarted to the point where the developing potentially healthy authentic self is derailed and effectively experiences a psychological death. For a more detailed explanation about the core wound of abandonment please refer to Chapter 2 - "Object Relations and Attachment Theory & The Origins of The Abandonment Wound" on page 32 in my ebook, *The Legacy of Abandonment in BPD*.

It is the psychological death of the authentic self that sets the stage for the emergence and rise of the pathological false self that ends up in the diagnosis of Borderline Personality Disorder as the individual reaches mid to late adolescence and/or early adulthood chronologically. There are many consequences to those who go on to be diagnosed with BPD, as there are also for their family members and those they go on to try and have adult intimate relationships with. Again, I refer you to my ebook, *The Legacy of Abandonment in BPD*, Chapter 4 on page 67 for much more about the destruction of the core wound of abandonment that results in this prolific and painful loss of authentic self to the false self that I will focus on extensively in this ebook.

CHAPTER TWO

The Difference Between The Narcissistic and Borderline Personality Disorders

An introduction to narcissism and a look at the reality that it isn't only to be associated with its meaning in Narcissistic Personality Disorder (NPD). There are important distinctions to be made between NPD and BPD. I do not agree that they should be lumped together as one in the same. They can be co-morbid but are not interchangeable terms. The distinction between NPD and BPD clarified with an introduction to other facets of the term - narcissism.

To begin with, in this chapter, I would like to point out, especially, to readers who have Borderline Personality Disorder (BPD) that as I discuss, explain, and outline pathological narcissism in the following chapter and its role in the false self, as it applies to Borderline Personality Disorder, (BPD), that you read with an open mind, even and especially, if this hurts. If you are borderline, this likely will arouse some pain and/or negative and defensive, perhaps even angry feelings in you.

If the use of the word narcissism worries you or alarms you, please know that I am not in anyway saying that those who have been diagnosed with BPD are incapable of empathy. Many associate this well-known feature of the narcissism in NPD with a lack of empathy and compassion. Those with BPD can and do have empathy and compassion, sometimes, to amazing degrees and yet, from the borderline false self can, in fact, act in ways, relate in ways, that are significantly, if not completely void of empathy and compassion when triggered and regressed.

I believe from my experience as someone who had BPD and has recovered, that there is a definitive split between when a borderline feels compassion and empathy and when he/she does not. As with most other emotional incongruence of BPD, this is also true when it comes to compassion and empathy - whether that compassion or empathy is for self or others. Many borderlines are not able, a great deal of the time, of having consistent and nurturing compassion for themselves, let alone others.

There is a compassionate face, truth, and reality to the underbelly of your pathological narcissism - it is not a term that you need fear, or hear as being a hopeless all encompassing negation of all that is positive within you - trapped within the abandoned pain of BPD and your core wounds of abandonment, this pathological narcissism is the false self that rises from the gaping black hole of the loss of authentic self to the psychological death of developmental arrest.

I want to make it clear, however, that for the vast majority of those diagnosed with BPD, the narcissism I am going to be explaining, that is part of the false self in BPD, is not something that is untreatable or intractable. It is not the same as the more persistent and often referred to as “malignant narcissism” that is seen in those with NPD.

Pathological narcissism is not synonymous with Narcissistic Personality Disorder (NPD). In other words, one does not have to have NPD to, in fact, have significant struggles with narcissism in BPD.

Included in this chapter will be a brief discussion of the differences between BPD and NPD. Narcissism is thought to be synonymous with NPD erroneously by a great many people. There is a lot to understand about narcissism that isn't the same as the narcissism defined, manifested, and presented in those with Narcissistic Personality Disorder.

There is also a significant co-morbidity between BPD and NPD. That is to say, that some people who are diagnosed with BPD also have NPD. While there are overlaps, there are also distinct differences between the two personality disorders. And yet, it can be said that there it is more the case that many with NPD will also then be diagnosed with BPD and not the other way around. This is because the stage at which emotional/psychological development is interrupted or arrested, in those with NPD, is one stage earlier than those with BPD.

James F. Masterson, M.D., in his book, *The Narcissistic and Borderline Disorders - An Integrated Developmental Approach*, in Chapter 2, entitled, “Differential Diagnosis”, writes, “The narcissistic and borderline personality disorders must be distinguished first from each other and then psychoses, affective disorders and psychopathic personality.

The two disorders can be distinguished by developmental level, intrapsychic structure, clinical manifestations, and transference ...”

Masterson allows outlines, that on a developmental level, “The narcissistic personality disorder must be fixed or arrested before the developmental level of the rapprochement crisis, [it must be noted that it is at the rapprochement phase that those who go on to be diagnosed with BPD experience their psychological arrest] since one of the important tasks of that crisis is not performed, ie., the deflation of infantile grandiosity and omnipotence. The rapprochement crisis, on the other hand, is crucial to the borderline, whose pathology can be seen as a reflection of his/her immersion in and inability to solve it.”

Masterson also notes that the narcissist who presents for therapy is usually after the perfect mirroring of hungered for. Unlike the borderline, who doesn't seek the perfect mirroring

of his/her grandiosity like the NPD patient, but, rather, seeks the “bare acknowledgement of the existence of his self-representation as well as fulfillment of his fantasy of receiving supplies.”

It is also important to note that much of the way that NPD is described has been erroneously linked more often than not in recent years with Anti-Social Personality Disorder and/or psychopathic or sociopathic personalities. The term narcissism has become one, that for many, especially with a personality disorder like BPD, sees the mere mention of the word itself conjure up the archetypal characters of psychopathic proportions in books and movies. It also conjures up some of the more historic and infamous criminals who have committed heinous crimes.

In my lay opinion, because I am not a mental health professional, any such linking of those with BPD automatically to those who are psychopathic is not accurate.

My references to narcissism and pathological narcissism in this ebook have nothing whatsoever to do with NPD or psychopathic or sociopathic personality disorders. They have no business being lumped together. In too many places, on line, as I’ve researched this ebook, I have seen them lumped together and undocumented links made between NPD and BPD (by non-professionals) which, unless, they are co-morbid in an individual, are very misleading to those trying to understand both BPD and the role of narcissism in the false self personality organization of those who are borderline.

Narcissism, the word, its meaning, and its reality are not all to be found only in Narcissistic Personality Disorder at all. Keeping in mind that Borderline Personality Disorder has been categorized in the Cluster B personality disorders in the DSM-IV there is relevance in understanding that while narcissism in BPD is not of the same end result in or to personality or the same direct origin of that seen in NPD. However, that said, there are similarities that see these two personality disorders, in spite of their differences, overlap in the ways in which those diagnosed with them are dominated by false self pseudo-personas even though the intrapsychic structure of the false self of someone with NPD and the false self of someone with BPD are not one in the same.

Borderline Personality Disorder

Borderline Personality Disorder is not one “disorder”. It is to a great degree a collection of disorders that co-exist and often feed off of each other in ways that make life very difficult for people diagnosed with it.

(For a 20 page indepth look at the definition of BPD and the root causes of BPD please see Chap-

The Effects of Cultural Narcissism On Child-Rearing

Much can be said or argued about these two decades. However many looking back at them do believe that while a lot of forward-moving and positive change was born out of these 20 years, that just as much, if not more, damage was done. As cultural mores and values and norms began to shift much more to the sphere of individualism much was lost from the ways in which societies and families and even institutions within those societies functioned - especially how the family unit functioned as the primary agent for the development of the child for the socialization into cultural norms and societal expectations of that child.

I believe that we've seen a proliferation of people becoming parents before they have even emotionally matured themselves. We have now born witness to generations of "me-first" multi-tasking and the "I can have it all" mentality that has seen parenthood and the rearing of children come second or at best be balanced and juggled with the pursuit of "my thing" which has been one major underlying factor in the proliferation of personality disorders because children simply are not getting their earliest childhood developmental needs met on a larger than ever-before scale. Whether one wants to point to nature or nurture, the environment or biology, the truth is that personality disorders appear to be multi-generational - passed on from one generation to the next.

Solomon also writes, "The culture as a whole influences how caretaking is provided, including expectations of the mothering role, views of the needs and responsibilities of children and adults, and the extent of the development of the self."

Every society in the world in history has had a unique view of how best to teach children and in each, this view has been seen as correct and better than those that came before. ... Well into the twentieth century, the focus of child psychology was on methods of manipulating behavior rather than the basic need for consistent attachment and loving relationships with "good enough" mothering. (Winnicott, 1975)"

Cultural Narcissism Mimics Pathological Narcissism - The Common Touch

The backdrop of cultural narcissism, relationally speaking, mimics pathological narcissism in those who are not personality disordered in ways that give some of the central aspects of the pathological narcissism experienced from those who are personality disordered a common touch. That is to say that when one encounters pathological narcissism in another it may well stand out as something different but it is not as outstandingly different as it would be if narcissistic tendencies and traits weren't so generally rampant in Western culture as such already.

CHAPTER FIVE

The False Self in and of Borderline Personality

Plato's Myth of The Cave and Jung's Shadow Self - The False Self and pathological narcissism, defense mechanisms and the shadow that is the echo of the borderline lost authentic self. The foundation of everything borderline uncovered.

The false self is, to one degree or another, a part of each and every human being. The non-personality disorders are not totally split off from their false self aspect of self. Borderlines do not have much, if indeed, any, awareness, of this false self, at all.

The false self in BPD is a self of sorts split off of the lost authentic self by the narcissistic injury of the core wound of abandonment.

The false-shadow self of those with BPD is not a part of self but is rather a filler for the abyss that is the void where a self otherwise should be and where a self still needs to be.

The Myth of the Cave, as presented in the seventh book of Plato's The Republic, illustrates the fine line that separates what it means to be enlightened or unenlightened - what it means to live in the light or in the dark. The borderline, living from the abyss of the absence of a known self in the darkness of the false self of BPD, is living an unenlightened emotional existence that is comparable to the existence of the prisoners in Plato's cave who thought that the shadows cast on the wall of the cave were real and this perception was the foundation of all of their experience. Like the prisoners, stuck in the darkness of Plato's cave, the abandonment trauma suffered by those who are diagnosed with BPD, the borderline's perceptions (no matter how distorted) form the base for his or her experience in relating and in life. The perceptions of the borderline are equally transfixed from a protective shadow false self, not on shadows on a cave wall as was the case with the prisoners in the cave but on the ever-threatening fear of abandonment.

Those with BPD, living from this supplanted false self, not unlike the prisoners in Plato's cave, are emotional prisoners of the consequences of the core wound of abandonment - namely, the narcissistic injury of arrested emotional development that usurps the authentic self and regulates it to the unenlightened and dark parallel world represented so well by the prisoners in Plato's myth of the cave.

The ways in which borderlines act this out, or manifest it will vary. There are borderlines who explode and rage and intimidate others into meeting their child-like demands. Others will threaten to hurt themselves, cut themselves, or kill themselves. Some borderlines simply cut off communication and end relationships out of the blue. This is a way that they punish. It is an aggressive style of trying to manage intolerable internal pain that leaves them with the inability to regulate their emotions or to withstand being alone.

Other borderlines, known as 'acting in' borderlines manipulate and pull for power and control when they feel powerless and internally out of control in very passive-aggressive ways. They might for instance, collapse for rescue, appear to be very needy and use your sympathy and empathy to fill them up. They often invent situations in which they can forward the idea that they were victimized or wronged so that they can feel the centre of attention and elicit nurture and soothing from others in ways that are attempts to satiate the untouchable and emotional quicksand of borderline need. This style of manifestation of the pathological false self in the borderline has at its roots a terror of being alone.

Being alone and emotionally trying to out run the pain of the lost authentic self is what drives borderlines to repetitively re-enact the initial trauma of the borderline core wound of abandonment.

When I was borderline and unable to soothe or nurture the volcanic pain that I kept trying to out run (though I didn't consciously know this then) I was terrified of being alone. I did spend an inordinate amount of time in my life alone but the fear of being alone doesn't always relate directly to whether one is alone in a house so much as it relates to needing to not be without others to manipulate as an extension of 'false self' that acts as an emotional/psychological container that somewhat provides a sense of 'self' that is absent and that otherwise drives those feelings of non-existence, void, emptiness, and so forth that borderlines struggle with.

If you have BPD, you may well not like reading this at all. The point here, however, is to be willing to push past what, in and of itself, (this information) may feel invalidating or wounding because it hurts and/or isn't perceived as "good". Anything not perceived as good is more often than not automatically, on an unconscious level processed as and believed to be – negative, threatening, unwanted, and bad. These feelings, even if barely felt, or if barely recognized consciously are alive and well-entrenched into the awareness of the false self and deeply embedded in the pathological narcissism that protects against the authentic feelings of shame and unworthiness.

The only way to recovery is to break the narcissistic bubble that encases the awareness of the echoes of authentic self and keeps you from this much needed awareness. This