

# Obsessive Attachments To Others

Many experts believe the illness is brought about by a combination of factors, such as genetic and environmental. This often leads to ongoing problems in their family and social life. They are prone to developing intense, almost obsessive attachments to others, which can change almost without warning to feelings of intense anger and dislike for the same person. This fluctuation from extreme to another is highly indicative of borderline personality disorder. Drug and alcohol abuse, depression and eating disorders are all commonly associated with borderline personality disorder. Perhaps the most recognizable trait of borderline personality disorder is the sufferers inability to regulate and control their emotions. They are prone to rapid and violent mood swings and can fluctuate between states of intense happiness to crushing depression in very short spaces of time. People suffering from borderline personality disorder are prone to taking criticism very badly, often taking offense and acting out in response to even the smallest piece of disapproval. They often find it difficult to pinpoint their likes and dislikes, passions, beliefs and values. They are often unsure about their long term goals, particularly with regards to employment or relationships. This is often due to the trauma they experienced as a child, which led to the condition. In this way, they avoid abandonment by being the ones to end the relationship. People who think in such a way will generally see a situation as either all good, or all bad, with no middle ground. In the same way that a person with a black and white thinking may see another person or situation as all good or all bad, they will do the same for themselves, seeing themselves as either flawless, or inherently bad. While most people have the ability to acknowledge that two contradictory states can exist at once. Instead, they shift rapidly from one extreme to the other, in order to accommodate their fluctuating emotions. If they are in a bad state and focusing on a person's negative qualities, they have no awareness of the same person's positive traits. But this impulsive behavior may not always take the form of something that appears to be damaging. We will explore relationships and borderline personality disorder in detail. Examples of this may be sabotaging their own work at school or in employment, rather than facing the stress associated with meeting deadlines, or engaging in alienating behavior in order to drive others away. This leads to a cycle, in which the sufferer then turns to destructive behavior in an attempt to relieve the guilt. Disassociation refers to a disconnect between a person's thoughts, emotions, behaviors, memories and identity. A person experiencing disassociation often feels a sense of disconnect between themselves and their body. It is akin to watching yourself within a dream, or from outside your body. If you are experience derealization, the world around you can feel unfamiliar and strange. Disassociation can lead to short periods of amnesia or lost time, in which the sufferer cannot remember what they were doing at a particular time in the day. The feeling of being detached from yourself and the world can lead sufferers of disassociation to question who they are. Identity alteration is the act of behaving differently as brought about by your circumstances, for example, not recognizing the world around you due to disassociation. Knowing these common symptoms can help you if you believe you or a loved one may be experiencing borderline personality disorder. A person exhibiting these more subtle signs is said to be experiencing quiet borderline personality disorder. While they still experience the same fluctuation of emotions, the disorder can be much more difficult to spot. Often, this will only be noticeable to others by paying attention to the way they speak

about themselves. On the flip side, they may also have times of needing to completely detach from others, pulling away to the point of isolating themselves in order to create what they perceive as a safe space between them and the world. This can have both negative and positive effects. Everyday emotions are often highlighted, with sadness being transmuted to grief, for example, mild embarrassment being replaced by intense humiliation and panic taking the place of nervousness. This is often due to the intense emotions building up inside one's head, leaving them with little room to think about anything else. Inability to concentrate is a form of disassociation and can appear as though a person is simply zoning out. They may also appear distracted. Familiarizing yourself with these more subtle symptoms of borderline personality disorder can help you identify whether you or a loved one may be suffering from the illness. If you suspect yourself or someone you love is experiencing borderline personality disorder, it is important to seek professional help. Tools and tips for managing borderline personality disorder, both for sufferers and their families and friends. People suffering from discouraged borderline personalities often exhibit avoidant, depressive, dependent tendencies. They often feel hopeless, powerless and vulnerable. Someone with a discouraged borderline personality can be clingy and tends to go along with the crowd for fear of upsetting the people around them. They can behave in a somber and dejected manner. Below the surface, however, is an anger waiting to erupt. A petulant borderline personality is characterized by a heightened sense of negativity. They are sullen and defiant and feel easily slighted. They are easily disillusioned and disappointed in life. People with a petulant borderline personality disorder fluctuate between desperately relying on people and keeping their distance out of fear of being disappointed or let down. Their emotions are prone to swing between feelings of unworthiness and rage. Sufferers of impulsive borderline personalities are prone to histrionic or antisocial behavior. They can often be flirty and charismatic, able to draw people to them. They are highly energetic and are constantly seeking the next thrill. They fear any form of loss, leading them to frequent suicidal tendencies. Someone with a borderline queen personality is prone to perfectionism.