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About Stop Caretaking the Borderline or Narcissist People who emotionally caretake a borderline or narcissist give up their sense of self to be who and what their partner needs them to be.

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Are you who are overly empathetic, self-sacrificing, generous, perfectionistic, deferential, more willing to put other's needs before your own, and uncomfortable with conflict? Then you are more vulnerable to being emotional caretaker, according to Margalis Fjelstad's new book, Stop Caretaking The Borderline/Narcissist In Your Life: Let Go Of Their Life And get a Life of Your Own (Rowman & Littlefield, Feb 2013).

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As a seasoned therapist, Margalis Fjelstad brings insight, compassion and good advice to people who have become caretakers to a borderline or narcissist. She shares techniques to neutralize crazy-making rules, set limits and boundaries, and stop the pattern of victim, persecutor and rescuer. Learn more about me and my services [HERE](#)

~~Margalis Fjelstad Therapy — Margalis Fjelstad's Therapy Site~~

Stop Caretaking the Borderline or Narcissist. : Margalis Fjelstad. Rowman & Littlefield Publishers, Feb 7, 2013 - Psychology - 190 pages. 4 Reviews. People with Borderline or Narcissistic...

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Borderline & Narcissism Issues December 9, 2020 By Margalis 0 Comments TRYING TO MAKE THE NARCISSIST OR BORDERLAND UNDERSTAND Most caretakers believe that if they could just find the right words, voice inflection, or explanation, they could get the borderline or narcissist to understand why their behavior is so distressing.

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