

- ☞ Trying to talk when emotionally dysregulated is not advisable... help soothe me and wait some time
- ☞ Gauge the proximity of closeness I can tolerate, gently moving towards
- ☞ Communicate your difficulties with me rather than withdraw, as this hurts the most
- ☞ I can get triggered by things that seem trivial to others, but understand that it's the deeper meaning of those things to me which hurt so much
- ☞ Understand that when I push you away I often want you close
- ☞ Do not spotlight there being something 'wrong' with me
- ☞ I may feel uncared for and test you to see whether you do really care
- ☞ Sometimes I struggle when things are really good, because I fear losing it or can't trust it, and may do damaging things at these times
- ☞ I'm sensitive to feeling invalidated; make sure you've heard my point and reflect it back before any disagreement with it
- ☞ If you listen to me well enough, you may find I can come to my own answers without you having to disagree with them
- ☞ Please don't think I don't notice when I'm harsh, cutting or unkind, I feel utterly terrible about it but may struggle to show you that
- ☞ I will sometimes do destructive or harmful things to show you how much pain I'm in, please don't judge me, but recognise my suffering
- ☞ The other relationships you have in your life can feel threatening to me, but I know it's important for you to maintain them even though part of me doesn't want you to
- ☞ I don't do it consciously, but sometimes I may express my anger towards you in a way that pushes you away, then accuse you of rejecting me
- ☞ I need you to show that you care for me, by taking me out, making romantic gestures, taking time to listen to me with interest, showing that you understand my suffering and talking positively about me to others
- ☞ At times I will think you are just the most wonderful person ever, and at others I'll find you completely intolerable, please bear with me on this
- ☞ My internal levels of emotions are more intense than usual which makes seeing the shades of grey challenging; things can be truly amazing one minute and the next depressingly black
- ☞ If I feel betrayed by others it is likely I'll that I may 'cut them out', as I struggle to tolerate the pain this causes
- ☞ Don't defend my enemies when I'm angry
- ☞ If you feel criticisms are unfair, stand up for yourself without becoming aggressive
- ☞ I can feel unsafe in relationships and may need to test the boundaries in order to feel safe
- ☞ I need you to put firm boundaries which are communicated calmly to make me feel secure
- ☞ I have strong rules for caring and will expect you to follow them, it can be hard for me to see how these rules can be different for different people
- ☞ Abandonment is one of my worst fears, and things that seem small to others can trigger this
- ☞ People can feel very threatening to me. This makes me liable to misinterpret what you say at times as malicious or insulting. The depth of pain of this causes is so great that it can be hard for me to see outside of this
- ☞ If I attack you in some way, usually, it's because I'm feeling threatened
- ☞ Don't blame yourself for my behaviour, even if I blame you. Don't blame me either, I'm doing the best I know how
- ☞ I need you to be strong, patient, caring and resilient