



Leib - Seeleproblem

## **Borderliners and Relationship**

### ***Cupid and Psyche***

„Psyche is the daughter of an unknown king. She is so beautiful that all the world stops admiring Venus, goddess of beauty and love. Enraged, Venus calls for her son Cupid and orders him to make Psyche fall in love with bad man. The father sends his daughter, dressed in a wedding gown, to a lonely mountaintop to marry a horrible daemon, as the goddess' oracle demanded. But instead of a daemon, she is taken away by Zephyr, lord of the winds to a fantastical castle, on Cupid's orders who himself falls for Psyche's divine beauty. Her husband visits her every night in this castle but vanishes with the first light of day so she can never see his face. For Psyche feels lonely, he grants her a visit from her sisters. Yet Cupid warns her not to be lead to try and find out his identity. The sisters, glad at first to find Psyche well, are soon overwhelmed by jealousy. On their next visit they succeed to convince the naive girl that she is married to a snake which conceals himself by daylight to hide his horrible form and will soon devour the pregnant wife. For fear for herself and her unborn child, she follows her sisters advice and the the next night waits for her husband with an oil lamp and a knife.

Illuminating her lover, she does not see a monster but the beautiful body of winged Cupid. Overwhelmed with love, Psyche does not notice a drop of oil falling on Cupid's shoulder. The god who disobeyed his mother, feels betrayed and flies off, leaving Psyche devastated. Venus meanwhile, furious that her son abandoned her orders and impregnated Psyche instead, searches for the girl.

Psyche has to fulfill numerous dangerous quests for the goddess. Thanks to the help of ants, talking reeds and towers she manages to succeed.

Yet on the last quest, she is overwhelmed by the wish to conquer back her lover. So she opens a box that contained an ointment of beauty of Proserpina, wife of Pluto. She applies the ointment which was intended for Venus and falls into a death-like sleep.

Cupid healed his burning in the meantime and rushes to her aid. Because he is still in love with her,

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he chases the sleep off, back into the box.

While Psyche goes to deliver the box, Cupid flies to Jupiter and gets the permission to marry her.

The topmost god is pitiful and grants Psyche immortality.

She bears Cupid a beautiful daughter, of the Name Voluptas (pleasure).“

([http://anthrowiki.at/Amor\\_und\\_Psyche](http://anthrowiki.at/Amor_und_Psyche), 2014 )

The preceding article shows what happens when people go for a witch hunt. Cupid and Psyche are made for each other, they are the perfect couple, in love, respect and at eye level, which are the main pillars of the relationship. But by means of propaganda, renunciation and numerous lies, they start to hate each other. Psyche almost kills Cupid, the father of her child and the one true love she will ever have; for they are meant for each other. Not even the gods have any objections but their envy and jealousy.

I study specialist literature concerning Borderline, not only but also because of professional reasons. When done open minded and thoroughly, one can't leave out certain authors like Otto F. Kernberg, Marscha Linehan, Kohut, Dr. Birger Dulz to mention only a few. There is a lot of talk about acute Borderline but few discuss successfully treated Borderline or relationship. This is surely due to many reasons, on the one hand it is difficult to be successfully treated, on the other hand is the fact that there are few who want this. But they who do want it are generally faced with a witch hunt. Most books about borderline are propaganda of people without any interest in the topic, they simply want to sell books and write down prejudices so that through the affirmation of these judgements the people will spend their money on overpriced books.

I too live by selling my work, but not at any price. I try to develop life, protect it, but not to make money at the expense of others.

I try to keep to Wilhelm Wundt and his famous citation: „objectivity, reliability, validity!“ That means that before everything else, one has to put every apparent truth of a society to the question.

I am often confronted in my personal surroundings with the notion that I would be clueless about children. This very person just recently pulled a child's arm to a point where it was nearly dislocated and screamed into the child's ear „stop crying like a girl, no one here is interested in that.“ I sat five

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meters apart and it was way too loud even for my ears. First, this woman is stricken with overestimation. Second, she put down the SELF of the child in an extreme way (it was five years old). She neither considered the child's needs, nor did she meet it at eye level. The consequences for the child are, if repeated, a lack of self-esteem and it is less likely, with repeated neglect of its needs and its SELF, to be able to communicate successfully with other human beings.

What does that have to do with relationships? A lot, if most people grow up in an environment in which others disregard them so that they are hardly able to communicate constructively.

This is hard enough on „normals“, so they try to compensate with adaption and suppression. Or they develop a serious personality disorder and these are exactly the people who blame Borderliners with incompetence.

Surely this may be true for untreated individuals, but just the same for untreated „normals“. Borderliners just have the small advantage of possessing an extreme will to survive which leads to a destructive behaviour towards the environment - or it fosters such behaviour.

To shed some light on the little story: the proper thing to do for the mother would have been to find out the child's needs. On eye level to be sure, which means kneeling down and trying to communicate with a calm, soothing voice. In case the need cannot be met, it would have been smarter to offer the child an acceptable alternative. So that the child would get along with the solution just as well as with the actual need.

When we talk about devastating effects on „normals“, one can imagine the consequences on borderliners. Especially people who are emotionally extreme, perceive such behaviour much more intense; therefor the consequences on their behaviour is many times stronger.

I would like to expand the scope a bit at this point. I have a bengalese crossbreed cat. These animals are extremely intelligent, they are able to communicate their needs perfectly. My animal derives from an abusive background, her jaw had been broken, an incisor wrecked as well. I saw these animals and she directly came into my lap and fell asleep. This was when I made the decision to take her with me. She started living with me up on a cupboard, with enough distance to everything else. Slowly trust developed. Now she is adorably self-dependent.

One day the following happend:

I sat working at my computer like every day when she started to scratch my seat. I know she only does that to gain my attention. I emphatically told her „no“, but this time to no effect. Next to me, on the floor, lies the piece of carpet designed for her scratching. Then something came to my mind. I bent down and scratched her beloved carpet. She immediatly came to and scratch along with me,

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she even started to purr.

To show her how much I appreciate this, I got out her treats and lay on my back on the sofa to reward her. I always lay on the sofa and put the treat between my lips to teach her that being close to me is not dangerous and to trust me. She came immediately, purring and took one treat from my mouth. Just one, she normally gets three. She got off me purring and lay on the floor. So I put the treats away with a thought of „suit yourself“.

I continued with my work and that night, sitting on the sofa and watching TV, she came to me, meowing and purring. I did not know at first what she wanted. Yet after she climbed onto my chest and put her snout to my lips and sniffed, I realized what she wanted. I grabbed the treats from the table and put one between my lips and she gently took it and delightedly chewed it, lying on my belly. She took three treats, purring and then jumped off me and lay content on her pillow on my bed and fell asleep.

What that has to do with relationships? Simple: my cat communicates with me, I just have to learn to listen to her. I need to learn to communicate with her at eye level- whenever she scratches my furniture, I scratch her things in return.

That is relatively simple, but how can I learn what every single meow means?

Very slowly and my cat has to be patient with me and I with her. I can not punish or scold her just because I don't understand her. But the more we understand, the more we trust each other. She does try to understand me as well; she got into the habit of laying on my lap, whenever she notices how I have a lot to do, she will then purr till I pet her for a few minutes. She then falls asleep and I can continue to work.

## Jean Jacques Rousseau about Relationships

No matter how much one tries to simplify it, the lesson, one wants to draw from this, requires to insert thought, incomprehensible to the child.

Even the poetic form, which does help the memorising, hinders the understanding, to the effect that the pleasantness comes at the cost of clarity.

I do not want to mention the many fables, that are neither understandably nor useful for the children and which one makes them learn nonetheless because they are in the same book.

Let us concentrate instead on those, who the author seems to have written specially for children.

In the whole of LaFontaine's work I only know five or six fables, which are set apart by a unique childish simplicity.

Of these five or six I choose one as an example, for the implicated lesson fits every age, because the children understand it best and learn it by heart the easiest, also because the author probably put it at the start of the book for those very reasons.

Assuming he really wanted to make himself understandable to children, likeable and to teach them, this fable is surely his master piece. Allow me to follow it line for line and examine it in a few words.

Le corbaud et le renard, fable  
(The raven and the fox, fable)

Maitre corbeau, sur un arbre perchè,  
(Master raven, sitting on a branch,)

Master! What does that word itself mean? What does it mean for a name? What is the sense of it here?

What is a raven?

What is an „arbre perchè“? One does not say „sur un arbre perchè“ one says „perchè sur un arbre“. Accordingly one has to speak of inversion. One has to explain what prose and poetry is.

Tenait dans son bec un fromage.  
(Had in his beak a cheese)

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What kind of cheese?

Swiss, Brie or Dutch? A child who never saw a raven, what use does it have for the tale? If it did see a raven, how can it picture one with cheese in its beak? One must only present it with pictures which are possible in nature.

Maitre renard, par l'odeur alleche,  
(Master fox, baited by the odour,)

Another Master! But he has a right to the title: in all aspects of his craft he is a well trained master. One must say what a fox is and doing so distinguish between his true nature and the conventional character which the fable attributes him.

Allèchè.

For the word is unusual, one has to explain it and say it is only used in poetic language. The child will ask why poetic speaks different than the prose. What is to be said to that?

Allèchè par l'odeur d'un fromage!

This cheese in the beak of a raven on a tree must have had a rather strong odour to bait a fox in the bushes! Do you mean to teach a student thoughtful criticism, which is only convinced by good reasons and knows to distinguish between truth and lie in the tales of others ?

Lid tint a peu prs ce langage:  
(talking to him as follows)

Ce langage! Since when do foxes speak? They speak the same language as the ravens. Wise educator, be careful: think your answer over before you give it, it is more important than you think.

Iz! Bonjour, monsieur le corbeau!  
(Ah! Good day, Sir raven!)

Sir! A titel, about which one japes in front of the child, while it knows that it is a title of honour. Those who say Monsieur du Corbeau will have to face entirely different complications, before they can explain this.

Qhe vous etes joli! que vous me semblez beau!  
(How pretty you are ! How beautiful you seem to me!)



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Expletives and a superfluous flood of words. When a child sees the same thing repeated with different words, it gets used to speaking sloppily. If you tell it this flood of words is an art of the author and the fox enforces his base flattery with it, it serves as an explanation to me, but not for my pupil.

Sans mentir, si votre ramage  
(Without lying, if your song)

Sans mentir! So one does lie from time to time? How is a child supposed to find its way if you teach it that the fox says „sans mentir“ because he is lying!

Répondait i votre plumage,  
(resembled your feather)

Répondait! What does this word mean? Teach the child to compare two things like voice and feather and see in how far it understood your teachings.

Vous seriez le phénix des hotes de ces bois.  
(you'd be phoenix among the guests of this wood.)

Le phénix! What is a phoenix? Now we are in the middle of dishonest antiquity, almost mythology.

Les hotes de ces bois!

What a twisted speech! The flatterer refines his tongue und gives it more grandeur to persuade the better. Will a child understand such maneuvers?

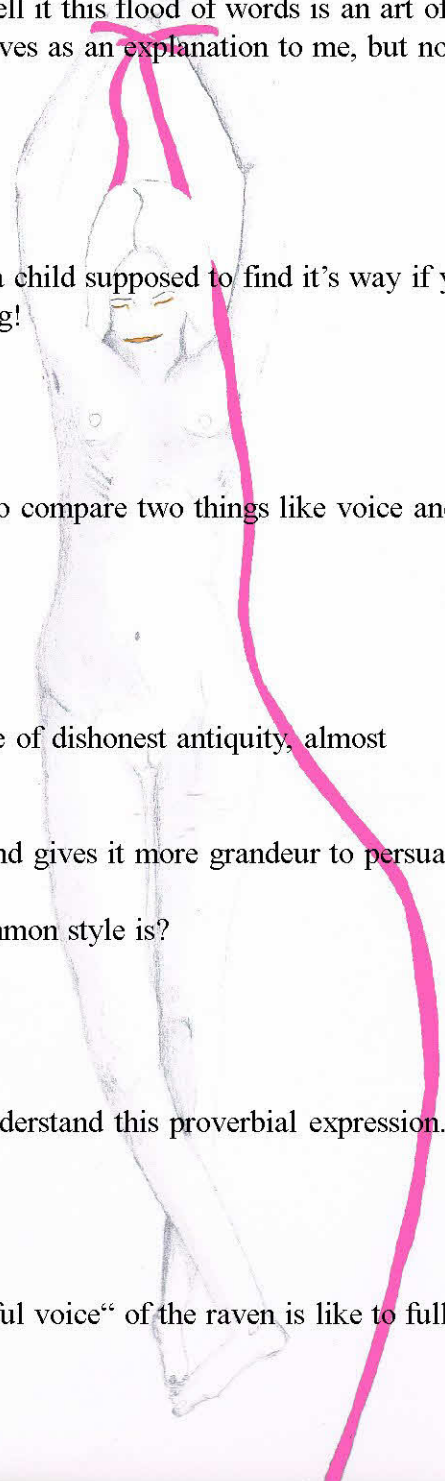
Does it or can it even know what a heightened and a common style is?

A ces mots, le corbeau ne se sent pas de joie,  
(At these words, the raven is senseless with joy,)

One has to have had experienced powerful passion to understand this proverbial expression.

Et, pour montrer sa belle voix,  
(And to show his beautiful voice,)

Do not forget, that the child must know what the „beautiful voice“ of the raven is like to fully understand the verse and the whole fable.



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Il ouvre un large bec, laisse tomber sa proie.  
(he widely opens his beak and lets the prize fall.)

The verse is admirable: the harmony alone creates a picture. I can see an ugly, widely opened beak. I can hear the cheese fall through the twigs: but this beauty is lost on a child.

Le renard s'en saisit et dit: Mon bon monsieur,  
(The fox grabs it and says: „My good Sir,)

Here, kindness is turned into foolishness. Truly, one does not waste time to teach children this.

Apprenez que tout flatteur  
(Learn that every flatterer)

A general maxim that has no place here.

Vit aux de'pens de celui qui l'écoute.  
(lives on the expense of whoever listens to him.)

No child of ten years could ever understand this verse.

Cette leçon vaut bien un fromage, sans doute.  
(This lesson is worth a cheese, without doubt.)

This is understandable and the thought is good. But there are probably only very few children, who can compare a lesson with a cheese and who would not prefer the cheese over the lesson. Therefore one has to show them how this passage is nothing more than mockery. What finickiness for a child!

Le corbeau, honteux et confus,  
(The raven, ashamed and confused,)

Another doubling of words, which is unforgivable.

Jura, mais un peu tard, qu'on ne l'y prendrait plus.  
(Vows, while a bit late, to never be tricked again.)



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Jura! Where is the teacher, who would be so foolish as to try and explain to a child what a vow is!"

Languages, geography, history, fables

These are some particulars, but still too few, to analyse all the thoughts of this fable and to reduce them to simple and basic ideas from which each is derived. But who sees the need for such a dissection to make himself understandable to the youth?

None of us is enough of a philosopher to completely emphasise with a child. But let us only look at the fable's moral!

I ask whether one should teach a child of six years that there are people who flatter and lie for their advantage.

One may tell them that there are jesters, who mock little children and secretly make fun of their stupid vanity. But the cheese spoils it all.

One does not so much as teach them to let it fall out of the beak, but to take it out of the beaks of others.

Und this is a second, not less important paradox to me.

Watch the children while they learn a fable and you will see that if they draw a lesson at all, they draw it in contrary to the author.

Instead of keeping from mistakes they may be cured from and from which they can be protected, they tend to the kind of vice that lets them take advantage of other's faults. In the mentioned fable, children make fun of the raven and share the foxes happiness...

(Jean Jacques Rousseau, Emil, Seite 96 – 99, 1762)

In this fable Rousseau takes into view the level of relationship between raven and fox, as between educator and pupil.

The book „emile“ on 530 pages deals with education and relationship between educator and pupil. The book is the foundation of any pedagogy. Yet he also impressively describes how perfectly or idealised it works. Surely, in real life everyone makes mistakes, but it is not about making mistakes or avoiding them but how to deal with them. Whether one is capable to learn from the mistakes, regretfully, communication and therapy is not always available. Granted, where there is no will, one can not accomplish anything, but unfortunately it is those very people who make other people ill.

Relationships are always two-sided and depend on our deepest and early childhood experiences. It

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is a challenge therefore to know oneself or be treated well enough to handle relationships self-reflectedly. But relationships do also depend on finding out what the other wants and Roger Fischer (the havard concept) looked into this thoroughly. Because up until now I only met Borderlin. When the other only produces negative thoughts and emotions, which are unconsciously picked up by the Borderliner, while they were subconsciously conditioned from earliest childhood on to live as others expect them to, nothing but a negative outcome is possible.

Look at Psyche who listens to her friends, her „good education“ and wants to kill her one true love Cupid. Or the raven, that looses the cheese out of courtesy to the fox.

These are exactly the mechanisms that lead into catastrophe, when one among them has bad intentions or plays a false game. It is equally fatal when one means to force the own opinion, ideology or other ends on the other.

Ideally one would leave everyone with their own „free will“. Human beings have the brain for that after all, which is very well developed with Borderliners and tends to rebellious behaviour when neglected.

I am constantly startled, how „normals“ are always astounded when they try to force something and one reacts with incomprehension and resistance, up to complete rejection.

When I combine the „free will“ with the emotional centre and put it under so much negative feedback, a negative outcome is not wonder. It is surely more forceful with Borderliners than others but the behaviour itself is not unusual. It is only more forceful or incomprehensible to „normals“. But one can try to make it more comprehensible to „normals“.

Pattern of relationship, behaviour, thought and emotions that are forced onto someone by others and have to be revised in adulthood are hard to change and take a lot of time and energy.

It is not said for nothing that one negative experience must be outweighed seven times till it begins to weaken and since Pawlow we know that with a conditioning can occur a spontaneous recovery.

Therefore abuse in early childhood pose the worst problems and those which work deepest and longest.

They can not be erased but they allow a decent life, when one has learned to handle them.

Almost every Borderliner has a trauma that burdens him up to the point that it is almost impossible to live.

He tends to defensive behaviour, which reduces the burden. Yet the burdens can only be reduced by means of special therapy.

A Borderliner in a relationship, repeatedly confronted with similar behaviour, the reaction is not surprising.

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When the same sore points from the childhood are pushed it is nearly impossible to show anything but a forceful reaction. As long as he is not treated in a specialised therapy. Afterwards he would be more free and could live a better life.

Especially with traumatised, there are important rules that must be observed; first the traume should not be poked at, the trust not abused, regard for the person and his emotions be shown.

To gain an understanding concerning the inner structure of the person. Not to command him. To develop a singular empathy for the needs of the traumatised.

Without these simple rules no relationship will work, no matter the kind, whether partnership, affair, friendship, acquaintance.

The failure of a relationship is always due to an unhappy course of events and decisions. Only in very few cases there are one sided misjudgements to be seen. Of course it is a no go to lie, to belittle the other, to purposefully deceive or otherwise disregard him.

After reading Marshal Rosenberg one should assume that „at eye level“ is possible at the very least, but sadly I keep finding that people who took lying and deceiving as their life's maxim, keep it up and abuse Rosenberg. Maybe these people should have continued their reading with Paul Watzlawick, for example „The Pursuit of Unhappiness“ or „One cannot not communicate“

Rubert Lay, „Dialektik für Manager“ is another helpful read.

It may also be due to a neglect of the basic rule „communication and therapy“ which I elaborate in „Therapie und Therapiewille“ and repeatedly mention in my book.

We should not forget that the child is unable to say NO or only when it's too late. It is the responsibility of the adults to know when a child utters a NO and to respect that, even if that means to alter the own position. The crossing of this line can result in a massive violation of the SELF and late effects with impact in adulthood. Violations of the SELF are also known as psychological abuse.

In a situation in which the child is not prepared to stop his behaviour, for it plays and the play fascinates him, but the play is too stressful to the adult, an adult has two possibilities. To respect the child, which means a radical acceptance and to leave the child to its game, one is the adult after all and a child needs to play.

The other possibility would be to try and find a different game with the child, which helps to meet its needs, for example to test loudness, self exploration etc.

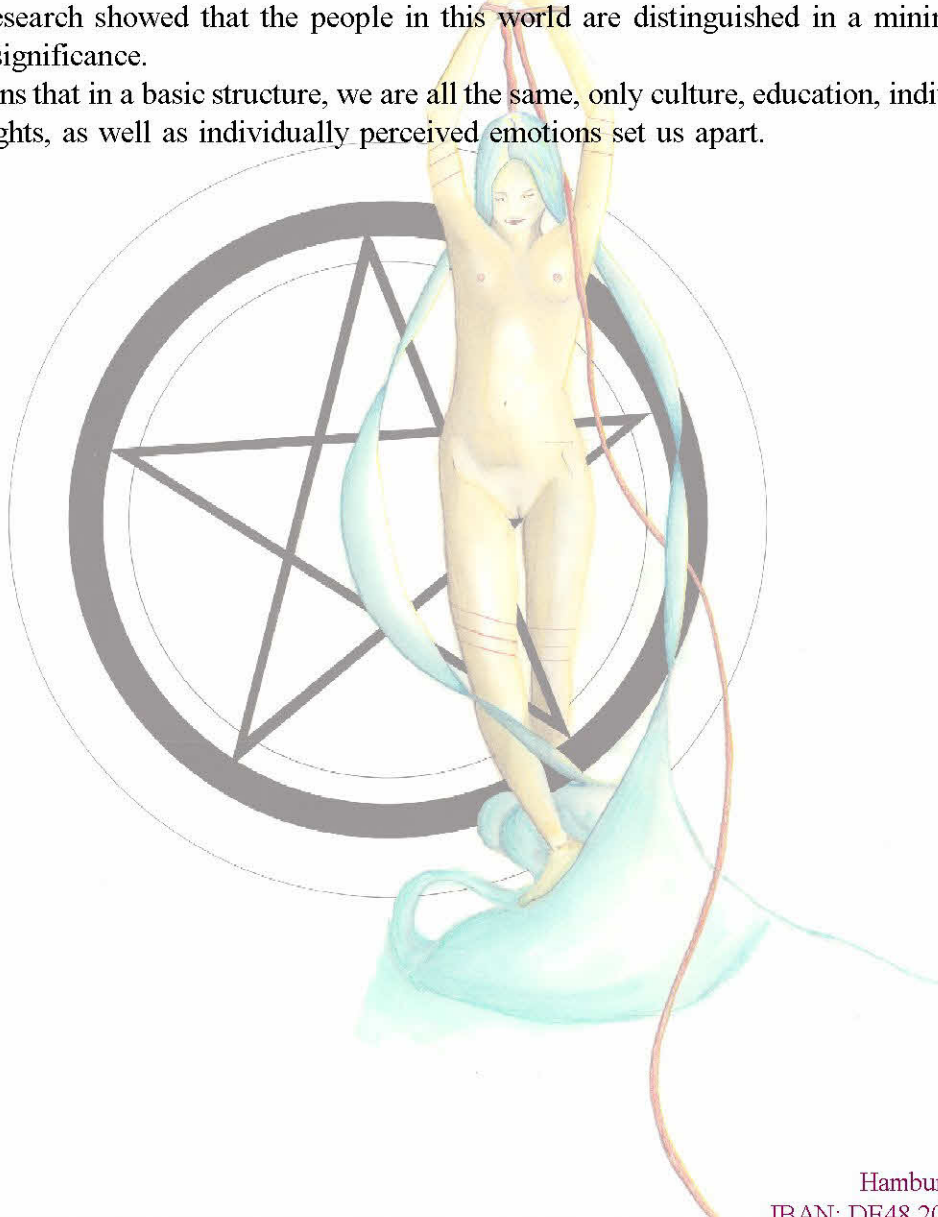
The last possibility, to forbid, would be to forbid the child to live, for the adult aspires to dictate the child what to do, to think and to feel. This behaviour is a radical violation of the child's early SELF.



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I will first look at a Gaussian distribution, proved by the Galton board. Only after finding the middle, one can observe the particular variances. Unfortunately, the society's mainstream means to deceive, oppression, violate, live on expense of the weakest. To defy others. Statistically, 80% of the population are in need of psychological treatment (DAK – Gesundheitbericht 2012), taking this into regard, it is not surprising that much is amiss in relationship and mainstream literature. This results in an extreme tilt in Germany. I keep to be astounded when I hear „We Germans are different from others, we are German“; even when such thoughts are not made explicit, but show in the behaviour and the structure of a relationship, which remains me of a disreputable time. 2014 a finnish research showed that the people in this world are distinguished in a minimal, below 5% level of significance.

That means that in a basic structure, we are all the same, only culture, education, individual attitudes and thoughts, as well as individually perceived emotions set us apart.





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## Learning

H.-D. Rösler, Medizinische Psychologie, VEB Verlag Volk und Gesundheit Berlin, 1987

This graphic shows very well how learning develops and that every person possesses the skills to make these steps. What does that have to do with relationships? Simple, everyone has to learn in a relationship. It can be helpful to know how learning works. While I do not want to go into biological details but I will try to make some things more understandable.

A relationship consists, like life itself, of perpetual learning. It is self evident that this process should be in a constructive fashion, tested on reality. A small expand of scope to the juristic field, BGB, STGB, HGB and the like are good starting points to find out what basis can be constructive.

Just as things fixed in antiquity still remain. No one can reinvent the world. Such a thing has never worked. We have to stick to nature's rules, there is no way around that.

Every person has the right to his own individual world and his own idea of things. Still it should not be surprising when these ideas stand in contrast to reality. The result is a huge conflict and fatal consequences.

If I tried with all possible means to force my world upon another person a forceful reflection should not surprise.

When in a relationship I try to learn and respect the need of the other and to meet them, only then I stand a chance to make it work.

A „normal“ trying to be a role model should avoid the „no go“. There actually was a „normal“ who repeatedly wrote his borderline girlfriend he would give her room and respect her. He kept stating this giving different reasons so long, two days past, she felt confined and on the other hand he sexually abused her because he wanted it and thought she had to want it too, whenever he wanted. Respect and following his words with actions, did not show. It is a „no go“ as described above, to treat your partner like that. If one says that he is giving the other time and will not call, he has to stick with that and refrain from calling every few minutes. Sex is naturally a two-sided activity which must include both and cannot be a mechanical thing, exploiting one. There can never be any pressure there and the other has always a right to say NO which means a NO and can never be turned into a YES.

## An analytical example

Years ago, I was in a relationship with a foreigner. I decided to be with her, for she had very natural characteristics, we laughed together, had fun and the feeling of being able to be who I really am. I did realise I had a whole new culture to learn about. I was eager, though, to learn something new, to feel at home, somewhere families are still functional and everyone can be as he really is.

We had been together for a year as it turned out she was indebted and could not go on living like that on her own. She tried all the time to get to know me better, she cared about my needs and respected me.

I have to admit that this truely came from her heart, I was new territory for her and lightened up her life.

I was curious, I did not know how far I could or would go till I would lose myself. I easily trusted, too; based on the hope that I would get the recognition and respect I missed as a child. I seriously believed she would be the woman that would see to my needs. There would be the need for closeness, being there for the other without limit. It seemed to me I could finally be me.

I was not without means, I had my own studio, and about 250.000,00 € cash, about 1000 books of specialised literatur, I payed for the debt and we moved in together. I thought I would not miss graphics, art, a dark room; the whole work in the studio, my psychological studies. She would be enough for me. I could still make fotographs with my digital camera and laptop. I sold the studio and stored my work, some pieces I brought to our new home.

That was my first mistake, to think that it could be enough for me just to exist. Did it suffice for me, it did not suffice for two. It was years later that I realised how psychology, art and music had become a part of my personality. These are means to work on my inner feelings, my surroundings and even when they are destructive and negative, I can translate them into fine language. I have studied and learned and worked like that for years, was abroad, too.

I started working as cleaner, did not receive support from tha employment bureau. I worked two hundred hours a month and whatever she did I compensated for it.

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It is a fact that I don't let a partner down. When he falls, previously, I reached out immediately, took his hand and demanded to know what kind of help you need. It was a mistake to think that I kann help someone by being a guardian angel and to load his burden on my shoulders and take it from my partner.

I took to drinking, had no time for myself and could only experience the cultural differences. I could no longer think about how the gaps in our understanding could have been bridged. There was no room for that to reach a balance. Finally I felt confined. Yet as for her, she was used to this life. When I stopped to function she made a fuss and any arguing was lost on her for she saw me as „Mr Mop“. I could no longer feel any recognition from her family or her, nothing I did was enough.

This was another one of my mistakes, if I make the right thing, all will be well and it will all turn out well, without therapy. Communication got worse and I could not make myself heard.

She decided to build a house, knowing I had the money for it. She promised it would all be better than, the cheating would stop, too. Her fusses would be fewer. I I agreed for I wanted a future, an unlimited working contract I had and the prospect of living rent free when I am old. She would calm down and the bit of stress building a house she would bear with.

She did not bear with it, though, she turned into a fury. Without therapy, she could not control herself, had never learned to relax or how to handle reality. When builders screwed something up, she went into a rage and blamed me. I was the one diagnosed with borderline, not her. Her argumentation was always well structured, yet not convincing.

She had never learned to reflect on her and her surrounding and could not face reality I kept thinking if I tried hard enough things would turn out well. I made an effort to compensate for other people's mistake, drank to compensate for that, confined myself and set myself under pressure to have everything done yesterday. She tried to control me, I felt unable to breathe. I was unable to do anything, I was only a cleaner. I could not have done anything else, all the time and money went into the house. I had decided, to go into therapy, but the house was first priority. I could no longer work, her family badmouthed me. I was a waste of fresh air. Then finally we moved and were in the new home, she didn't want me to register there for she said the loan might be taken back. I lived there and when I was lucky I had a house key, and whenever I wasn't I did not.

I did not have anything to say, even when I was right, she would no longer listen. She took the home gardener who even lived in with us. I looked on, could only bear all this with drugs at this point.

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I did not know what to say anymore or what to do, even my thoughts were only dust in the desert, my feelings a battlefield. I could not longer grasp it, nothing worked. No clear thought, no structure, all seemed to melt together. I was no longer there. I had vanished. The pain and the suffering was all I could feel. Only when I was fuming, broke things or cut myself I knew was still alive. When I drank and had a headache in the morning, I knew I still had a body. All the self-destructive behaviour was all the pain I felt in my soul all the despair, anger, all that was me, against myself. I could not break the cycle. My surroundings sure would not have been so destructive if there had been more knowledge, insight, tolerance. But they all knew „he is just a sick man“. No one listened, tried to understand me. The judgement was passed and would not be revoked, because the social environment didn't want it. The decision was „guilty“

Worth nothing at home, in my social surroundings, it was not surprising I felt worthless inside. As a reaction I only wanted to forget and to make up for it. But it did not work that way, I was still unable to get through it all. It is not possible where one side doesn't try to. A change starts with the letting go of prejudices. After that the process of understanding, to understand how something works. The clarification of facts. The test of reality. Self-reflection.

At this point I was trapped in a vicious circle with my own behaviour and did not see a way out myself. Had I received any real help I might have been able to do something, yet there was none to be had. I felt let down and abandoned by therapist, social environment, friends, Family of labeled as helpless for no one knew about borderline or wanted to know about it.

Further and deeper reflection is barely possible from today's perspective, for my memory is impaired and I do not have any files from therapists I worked with at the time. I do have some clinic reports saying a lot about my dependent relationship and about how I little I perceive reality. I also know that my surroundings twisted the truth in conversations so no one believed me. For example, it was said I lived like a Messi, had no money and had delusions of grandeur. Fact is I was unreliable not self-reflected enough to grasp a clear thought and there is no way to analyse this any deeper.

For the studio, the things were burned because they didn't meet the expectations of my surroundings. Everything I owned was destroyed. It could not be worth anything for I was unworthy. There were about 1600 books of specialised literature, partly from the 17<sup>th</sup> century, 1500 LP's, a graphic studio, 10,000 photographs, a thousand graphics.

The story continued, though. On one night the fight with the residents of the house, my partner, her friend who lived with us, her daughter, threatened to escalate in a way that would have turned



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violent sooner or later. I took to flight, I went out onto the street.

Without money, help, friends, I spent there seven months, from winter to autumn, on the street. I enjoyed the advantages of the street, with its drugs, criminality, violence and crime. When I begged, I was mostly seen as a nothing. No one believed me I wanted to stop. I needed a lot of time, patience and alcohol not to let it get to me., but even that did not work. I have been stitched up three times in this period, as a result of brawls. I spent a week in a clinic, for treatment of diabetes. The suspicion was a drug induced diabetes, what was not the case, thank god. I saw where all this would lead if the last of humanity would go from my head. When a life is not worth anything.

I did learn in any case, to become flexible and to stay it. For who stops it, stops living. I saw it, I saw how people couldn't come off the street, because they weren't flexible enough. I saw how prejudice, lies, ignorance and intolerance destroys people, but I also learned that people lie, feign and cheat to get what they want, even at the cost of others.

Years later, after a year of drug therapy and two years of focused borderline therapy. I still have to explain myself for being a borderliner, have to fight prejudices. Someone even told me:

„Now I know you, after I read your article, specially the trialog from the AKH!“

My only response::

„You maybe know ten percent of me, yet who I am how I am you don't know at all. These are all just spotlights, but they are not me, just a part of me!“

Whenever one seeks to subdue another, he chooses mostly a borderliner. For this there are even examples in literature, Internet that I am not allowed to cite for they fall unter youth protection law. I came across organisations advertising with it but I also found people who stand up and fight against it.

But back to the story, years later there was a trial that should have been about getting my fortune. The outcome was that though I have a right to it could not be expected of the woman to return it. I do have some things, part of my papers, CD's and graphics, which friends kept. At least I have my 19<sup>th</sup> hundred Shakespear.

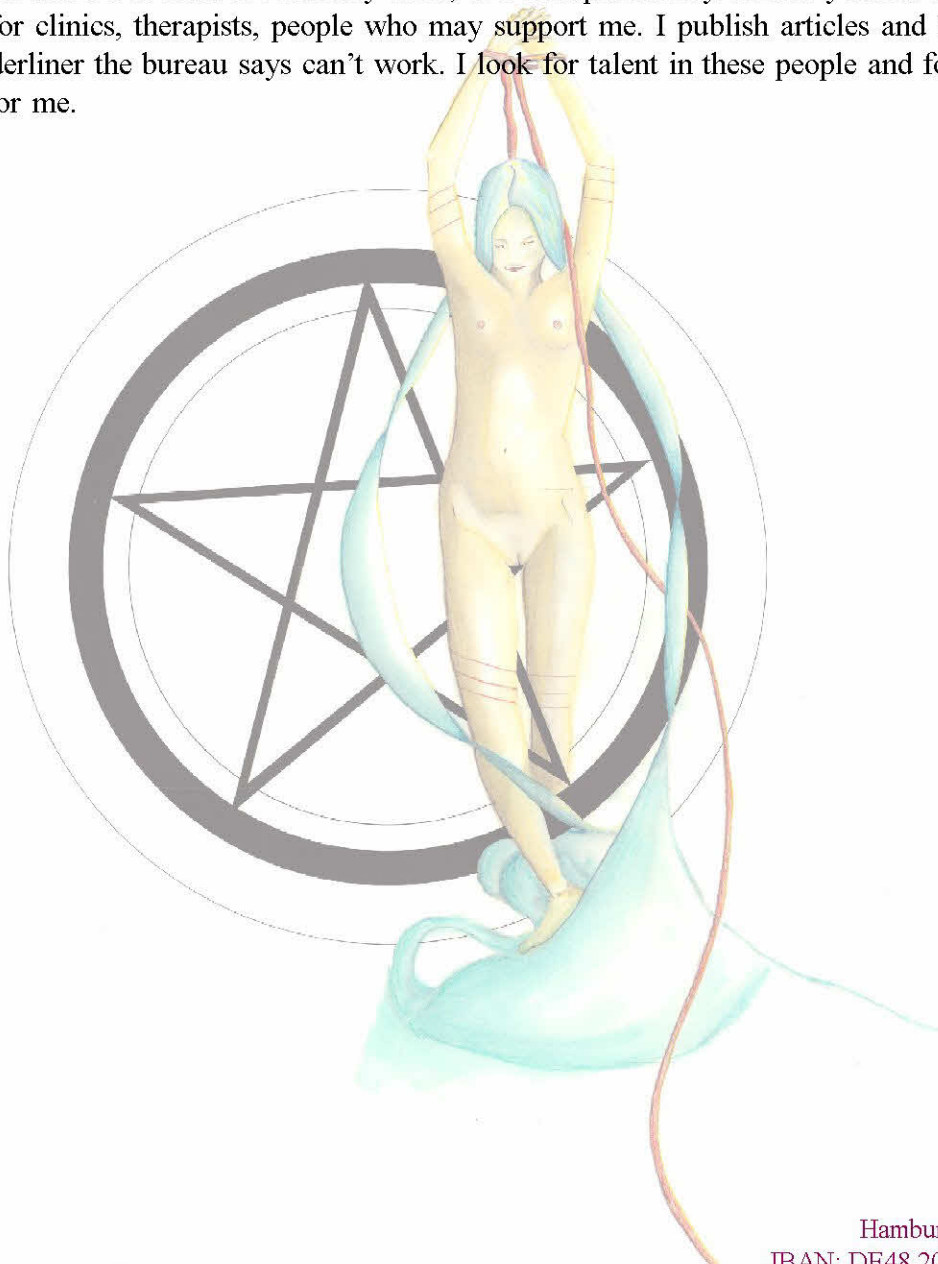
Today I am friendly with my partner from then and we do not accuse each other any more, she apologized and said if anything the house was mine. But the judge made a different decision. I am



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out of the house.

I work regular part time, work on my homepage, a selfhelp group and research on borderline, because I know how hard it is to get specialised treatment. I see myself as with a handicap that allows me to do things others can't. I often see this on the Internet, examples of people with chaotic life before their treatments and how they discover special talents afterwards that allows them to do what others can't. I do a lot of voluntary work, as a therapist mostly. I know y limits and I am always looking for clinics, therapists, people who may support me. I publish articles and books. I work with borderliner the bureau says can't work. I look for talent in these people and foster is. That is success for me.





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## Prejudices

Most are hidden, even those people who demand tolerance from others pass the most prejudices. People around me who take a stand for presumably social causes but see borderliners as scum. I can say what I want no one would believe me for I am a borderliner and all my education and experience is a lie for borderliners never tell the truth. This is not a case where a constructive dialogue is helpful, it's just a no go. I would only fight windmills and I don't want to play the Don Quijote. The good thing about it is watching people fail. This may sound cynical, yet that is there to do. Who goes swimming in the river of life with a head as thick as concrete should not be surprised to go down.

„Borderliners would not be empathic, for they are ill and only healthy people can feel empathy.,,

This is seriously a citation of a therapist on a conference on Borderline. She disrupted one herself and thought of herself as wiser than everyone else, she answered by giving stereotypes only. She admitted honestly to just being that way and that no one but her could work empathatically. She also admitted to telling her clients how to feel and how to think, whereas she considered most feelings as not existent.

I do realise this is just a cliché, but this is the way it is. Who heightens a cliché to a maxime turns into a cliché. I wonder sometimes how these people manage to get up in the morning. Yet this is part of the mainstream.

„Borderliners act only to their own advantage.“

Phew, as if others wouldn't, it seems the own behaviour is being projected on borderliners here. This is a convenient way to transfer own inner conflicts onto others, so that they are looked upon and seen in the others but not on ourselves so that they exist on the others only. This is classical and the other does not have these characteristics, the other is not actually seen. Here too, communication is only possible if the other allows it.

„Borderliners only pretend, it is not really as bad as they always say.“

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Alright, here is a book as an answer, which you already read. I hope you wont say anything like that.

„Borderliners are all ill and just want to lay down and rest on their illness.“

Sure Borderliners have a handicap I would say here, but only acute cases stay in mind, not the treated ones. The term of illness is not correct here. Acute would be more like it. They could sure go into therapy but no one can demand this of them, an untreated person is only a product of it's envorinment so do look into the mirror first. Even when I demand of people to go into therapy, I know that there are people and not only borderliners for whom therapy is impossible or so nearly impossible because of the damage that has been done by the surroundings. Otto F. Kernberg calls i a negative prognosis. But what this really means is that it would be hard to find the ideal means for a successful therapy. Only with all the right conditions it is possible for a Borderliner to succeed in a therapy. There a various conditions so it would not make sense to put down a catalogue at this point. In addition, Borderliners are individuals and therapists and environment have to adjust to that. Individualistic as people are, really. It is not surprising when after a series of efforts, Borderliners are not prepared to go into therapy again.

I myself have never met a Borderliner who, to my judgement, would be lost to therapy. On the contrary, they have been mistreated too much, so the will to go into therapy expired.

„Borderliners can't say no to others.“

Borderliners could say no, it's only the environments training that took the ability away from them. There are too many people in the world who put theor opinion above other's and try to force it on them. It does not mean to not have an opinion, which is every individuals right. It means that the individual opinion may not be put above reality or even above the life of other people. An individual lives in a community but not above it. That would mean tyranny , we Germans should have learned about that.

„Borderliners can only think in black and white.“

There is just one answer here: NO! The envoronment taught us that way, something like that does not come on itself. I refer to Otto F. Kernberg again. His essay about the speration of the SELF. It is not untypical in Borderliners I did see it in other people, too.

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The preoedipal child is separated or subdued because of the needs that are not met. This could be healed in a natural environment, yet education continues and separates the world in good and evil. Look at Kohlbergs „moral development“ for further insight. As long as it develops only on the basic two levels there is no segment that could fill in the place between. Borderliners have a handicap there they have no feeling of the room in between good and evil. That's what's making it hard for them to fill it later, though they cognitively know better. They know of the many colours between good and bad. Yet it's a process that must be put into motion, that takes Borderliners a lot of time and patience. It is not about filling this room in thoughts only, this is hard enough, but is only a crutch in the end. They have to try and let positive experiences fill it in and help them develop a feeling for these colours. An example: In a box of colouring pencils there are 72 colours between black and white. To truly understand these colours one would not only have to grasp everyone but to develop an individual feeling towards each. This is not a matter of trial and error. It is a process with a lot of effort and negative outcomes are part of, too. Only with enough positive experience will a feeling develop which again has to receive a positive feedback from the social environment.

It is not helpful to generalize any bad experiences Normals might have had with Borderliners. From the particularities of a characteristic, one could derive information about the characteristic itself via the carrier of that characteristic. That's called induction. Yet it would be more important to concentrate on the characteristics instead of cataloging all its particularities. There are about 1,5 billion borderliners, carriers of characteristics. If we assumed there were only ten symptoms, this would result in 15 billion particular characteristics. But this does not allow any statements about them, one could not go that far. This should show how there is no sense going on about the particular characteristics or trying to catalogue them.



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## Confidence

### Imagine

I have a dream,  
I imagine we could trust one another  
in a world  
free of constraints and lies  
full of hope and courage to love  
I wish it could be  
and my dream would come true

Imagine, this other world existed.  
Imagine, love lay above it all  
Imagine, instead of fear, confidence would rule us  
Imagine, a new age begins  
Imagine, everything changes because of you and me  
because of you and me  
Imagine

I have a dream,  
I am not alone  
I know for sure  
in the dark of the night I see a light and it's shining for you and me  
But who says,  
I don't see it  
I wish it would be so  
and my dream would come true

Imagine, this other world existed.  
Imagine, love lay above it all  
Imagine, instead of fear, confidence would rule us  
Imagine, a new age begins  
Imagine, everything changes because of you and me  
because of you and me  
Imagine

Imagine, all that would be possible  
Imagine, when love rules

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Imagine, all that would be possible  
Imagine, when love rules  
Imagine

Klee, aus lauter Liebe, 2011

In exactly this line, full of hope and courage to love, that's where we should start. The whole song shows it's possible to be confident and to give love. Love is the word that says that another human being is important to me „I leave the light on for you“ (revolverhelden, 2014). Recognizing the other's needs, to respect them and to decide to consider them. It's not an idolisation we aim at but a form of respect, no hate. That's the scale we should move on. Can we see ourselves at eye level with the other and communicate, that's the first step. Adaption is a skill that makes it possible to take a step towards another one and to keep him in the heart. Adaption should ideally be learned in the time from early childhood to puberty and then strengthened by exercise. Adaption is the acceptance of an idol, to identify with it and to become exactly like it. It is mostly restricted to imitation and can reach very far and helps to fill different roles. It is a phase of experimentation and trials, to see how different roles fell. Normally, people only keep the helpful things from this phase and learn to accept things that are helpful and constructive in life. In the extreme, this might not be actually healthy, but the interdiction is most certainly unhealthy.

The obstruction of natural processes affect the behaviour later. Our relationships are all according to this fact and that is the same for Normals as Borderliners. It needs to be said that a good therapy helps to change the behaviour. Only the ones who do not go into therapy show destructive behaviour.

No one is naturally incapable of maintaining a relationship, one is nurtured to it. If everyone took the principles to heart, there could always be mistakes, but they are the motivation to learn something new and different.

## **Conclusion**

A relationship or partnership consists of various elements, the most important ones are the two partners. The environment is a factor because it does have an effect on the participants.

With environment, not only the natural environment is meant, but the living conditions, area of living, flat, state of the flat; social contacts, just as economic realities or general political circumstances. Let's not forget today's social networks and their influence, like facebook, twitter, whatsapp; or even the different blogs, communities, open or closed. Peer groups are mostly consistant of personla or virtual realitiers. Friends' and families' influence receeds accordingly. The educational institutions are mostly the mouth piece of politics, just as the clinics, which are lead to corporate standards rather than psychological or social ones, which would be more important. Seldomly you see efforts to reach profit and these more important things both or to accept help from the economy.

The more someone is integrated in any of these areas, the more the influence. Every person integrates himself, concoiuously or subconsciously into the system as it seems oportune. This behaviour is only seldomly questionned. There is a short term gain in it, not a long term one, which normally means a long term problem in effect.

No one can hope to avoid all these factors, but these do influence the partnership. Being with a mentally ill person, therapy play an important role. The own therapy and the will of the partner to go into one. Appreciation should be the basis as borderline is not something easily explained.

Communication and therapy are the foundation. Without, a partnership does not work in the long run. Education on the single areas, acute situations, help sysems, trauma, therapy, social interaction, job oportunities and many other things are essentiell. Also without the will to change, there is not much to gain. All this both partners must carry together. As soon as there is an imbalance there, there is an imbalance in the partnership.

Now, what exactly is different in a partnership with a Borderliner? A reasonable question, as the answer is: nothing, really. The foundations are the same as with any partnership or relationship. Borderliners are special, yet nothing to be afraid of. And what makes other people wonder is more easily explained with the right education, understanding and a portion of therapy.





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