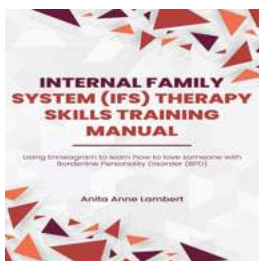


# Using Enneagram To Learn How To Love Someone With Borderline Personality

The Enneagram is a powerful tool for understanding ourselves and others on a deeper level. It offers profound insights into our personality types and helps us navigate our relationships with empathy and compassion. When it comes to loving someone with Borderline Personality Disorder (BPD), the Enneagram can be particularly helpful in fostering understanding, acceptance, and growth.

BPD is a complex and often misunderstood mental health condition characterized by intense emotions, unstable self-image, and turbulent relationships. People with BPD struggle with emotional regulation, leading to episodes of anger, impulsivity, and fear of abandonment.

Learning how to love someone with BPD can be challenging, but with the help of the Enneagram, we can gain a better understanding of their needs, fears, and desires. By identifying their Enneagram type, we can unveil their motivations and patterns of behavior, paving the way for more compassionate and authentic connections.



## Internal Family Systems (IFS) Therapy Skills Training Manual: Using Enneagram to learn how to love someone with Borderline Personality Disorder (BPD) by Anita Anne Lambert (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 944 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled



## **The Enneagram and BPD**

The Enneagram consists of nine core personality types, each with its own unique characteristics, motivations, and coping mechanisms. By understanding these different types, we can develop greater empathy and insight into the experiences of individuals with BPD.

For example, someone with BPD who falls into the Type Four category may often feel misunderstood and have a deep longing for connection and validation. On the other hand, someone with BPD who falls into the Type Seven category may struggle with impulsivity and fear of missing out, constantly seeking new experiences to distract themselves from emotional pain.

By understanding these underlying patterns, we can adapt our behaviors and communication styles to meet the needs of individuals with BPD more effectively. This leads to a healthier and more fulfilling connection, fostering personal growth, healing, and mutual understanding.

## **Key Enneagram Types and Strategies**

While all nine Enneagram types have valuable insights to offer, some may be particularly relevant when it comes to loving someone with BPD. Here are a few examples:

### **1. The Perfectionist (Type One)**

The Perfectionist strives for excellence, often imposing high standards on themselves and others. When loving someone with BPD, it's important to

recognize and support their efforts rather than criticize or judge them. Offering constructive feedback and helping them establish healthy boundaries can be a powerful way to support their growth.

## **2. The Helper (Type Two)**

The Helper is driven by an intense desire to be loved and appreciated. When loving someone with BPD, it's crucial to establish clear boundaries and encourage their independence. Balancing support and self-care allows both individuals to grow individually and maintain a healthier dynamic in the relationship.

## **3. The Achiever (Type Three)**

The Achiever strives for success and recognition. When loving someone with BPD, acknowledging their achievements and validating their efforts is essential. Encouraging them to express their emotions openly and honestly can help build trust and foster a safer emotional environment.

## **4. The Individualist (Type Four)**

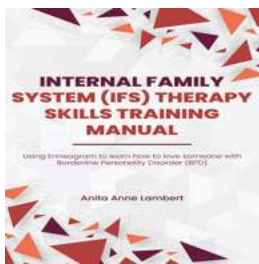
The Individualist craves deep emotional connections and may experience intense highs and lows. When loving someone with BPD of this type, providing a listening ear and expressing empathy can go a long way. Recognizing and appreciating their unique qualities can help them feel understood and accepted.

These are just a few examples to highlight how the Enneagram can assist in understanding and loving someone with BPD. Each individual is unique, and their Enneagram type may only serve as a guiding framework. It's crucial to approach every relationship with open-mindedness and humility.

Loving someone with Borderline Personality Disorder requires patience, understanding, and a willingness to learn and grow together. By incorporating the Enneagram into our approach, we can deepen our understanding of their unique experiences and challenges.

Remember that the Enneagram is not a definitive solution but rather a powerful tool for self-reflection and personal growth. It helps us cultivate more compassionate connections and navigate the complex emotional landscape of loving someone with BPD.

Embracing the diversity of the Enneagram and its wisdom can unlock new levels of awareness and empathy. By combining this knowledge with an open heart and mind, we can create a healthier, more supportive, and more loving relationship with individuals who have BPD.



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**Are you perpetually stressed because you love someone who disrupts your life and causes you endless worry? How can you practice radical acceptance and be emotionally healthy ?**

**If you don't listen to your pain you let family dynamics childhood trauma influence the person who you may become.**

**Internal Family Systems (IFS) Therapy takes into consideration the inner**

**child wounds of teenagers with Borderline Personality Disorder (BPD), who don't know how to activate radical self-acceptance.**

**If you are exhausted and feel defeated after years of trying to find logical explanations for illogical behaviors this parent management training workbook is your remedy because IFS focus on “both chairs” as a therapist and as a client.**

**Additionally, using Enneagram, a popular model of human psyche which includes nine different personality types, you will find out which type you are, and the way it can influence not only your habits but also your personal and professional interactions.**

**Enneagram and Internal Family Systems (IFS) Therapy contains trauma treatment toolbox for family therapy interventions, values clarification and**

**social skills training to be people helper and also other topics such as:**

- **Borderline Person: Unexpected Gifts;**
- **Managing Crisis and Cope with Anger;**
- **Building self-esteem;**
- **Five senses session;**
- **Tips for using Enneagram Results;**



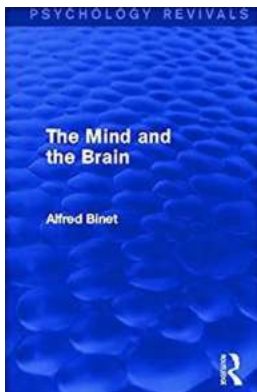
- **Training communication and teams;**
- **Three levels of learning with the Enneagram.**

**Whether your personal challenge is, it is time for you to improve your Empathy skills, reinforcement learning, growth compassion, self-discipline, breaking negative thought patterns.**

**Enneagram will equip you with the necessary tools to understand subconscious mind, learn how to follow your heart and take control of your life!**

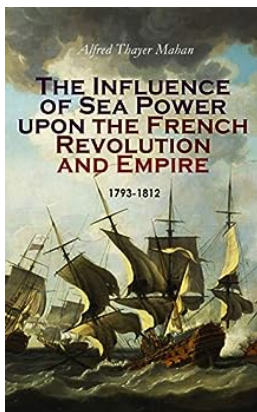
**Understanding mind can melt anger and cultivate compassion for a relative with BPD. With this self-love workbook, you will gain a greater understanding of BPD in adolescence, uncover emotional triggers and discover personal motivators for positive change.**

# If you want a maps of meaning, a road that leads back to you...Buy this mental health book right now!



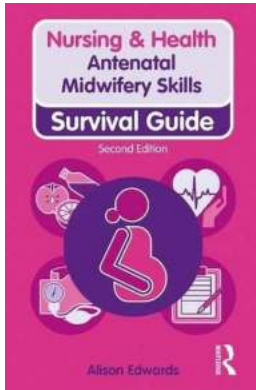
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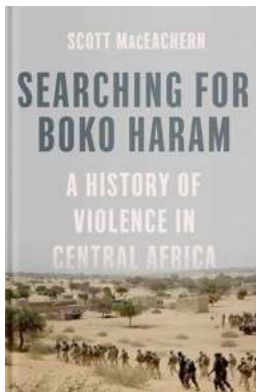
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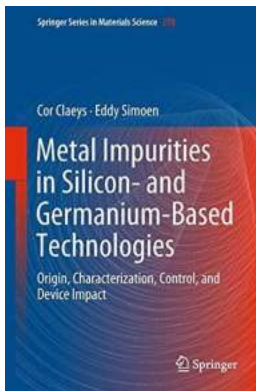
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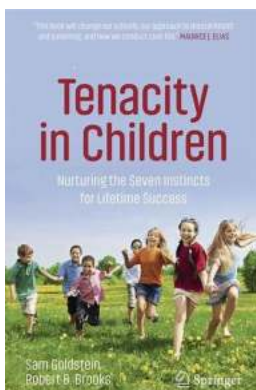
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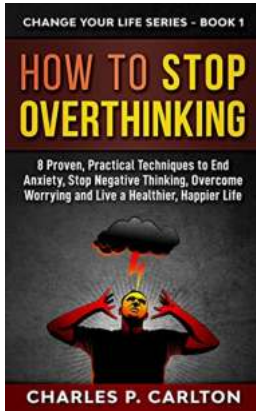
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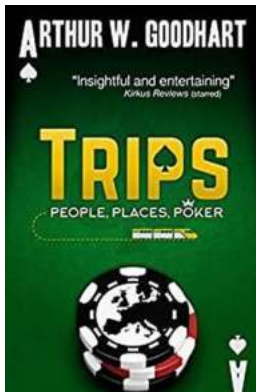
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