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insight, compassion and
good advice to people
who have become
caretakers to a borderline
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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

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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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