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## Bpd and npd relationship

Today I look at how the bpd and npd traits can either boost one another or destroy one another. Transcript: hi my lovelies big apologies I've been away I've been really completely Wally I've been on antibiotics nothing seems to be helping I've just spent a lot time in bed doing nothing basically but I really wanted to get video done because it's been like forever so I'm back today I'm gonna continue on with the video about BPD and NPD relationships like when one partner has BPD one has NPD I've got a lot of comments on the last video and you know what I don't even really remember doing that last video my mum someone mentioned at the end that I completely forgot what I was talking about and I said to my mum I don't even remember like on the day I'd done it I don't remember what I talked about or anything I was really not feeling feeling well so I'm gonna continue on and basic what I'm gonna do I'm gonna read through some of like the NPD symptoms and then the BPD symptoms and how they kind of go together I feed off one another when you're in a relationship together make sense so someone with narcissistic personality disorder lacks empathy exaggerated sense of self-importance feelings of entitlement selfishness in relationships envious and suspicious of others motivations and need for excessive praise and attention arrogant and judgmental insist on associating with special people preoccupied by fantasies of great power achievements and recognition needing approval of others angry when not receiving special treatment they can take offense easily they can react with rage really to all the person can be Moody and depressed and deep down they're really insecure so then we have yes I have written I know I know the BPD traits but I was doing rid of them down just in case I forgot on okay so we have unstable and intense emotions impulsive self-destructive behaviors unstable ships fear of abandonment chronic feelings of emptiness self-harm and suicidal behavior unclear or unstable self-image feeling suspicious and after touch with reality and explosive anger now it's quite easy to see why someone with BPD and NPD would get bit together in the beginning both cluster B's dramatic and like the life and soul of the party I suppose now someone with NPD has an exaggerated sense of self and they like to be associated with the special people and those of us with PPD actually have really unclear or unstable self image and we feel pretty bad about ourselves so a lot of the time we can put on a mask and pretend to be really confident and outgoing and happy to cover up our insecurities now someone with NPD does the same but there the difference I suppose it's on with BPD we know we feel like rubbish we know we're insecure and we know we're wearing a mask someone with NPD doesn't they just think they're this confident amazing person so when they like on initially meeting each other they're both really dramatic and confident and that some of BPD can be the special person that the person with NPD wants to be around now those of us with BPD know what we can be like when we're first in a relationship we will just praise the person so much we put them on a pedestal and this really feeds someone with NPD it just feeds their ego basically because they want to be up on a pedestal being admired and we with BPD are more than happy to put them on that pedestal and admire them so it's kind of obvious that tickets in the beginning it would seem like this is a wonderful relationship but the problem I suppose comes is those of us with BPD thinking black and white for a start so we can put someone on a pedestal only to knock them down at some point and the problem with doing this with someone with NPD is they will really take fence and they have their rage and they will put us down we're already insecure we also have a fear of abandonment so when someone with an NPD rage is then angry at us for seeing them in black we will really clash they will likely become abusive call us names and we fear abandonment I mean initially we also have Extreme Rage explosive anger we have that and so real big fiery real you know angry arguments are highly likely but then after the argument our fear of abandonment comes back we don't want to lose this person we're scared we will lose them and so we are likely to like reach crack up what we've said and say no I'm sorry we're far more likely to apologize even if we don't believe we did anything wrong we will still apologize because we do we now want to keep that person in our lives we don't want them to leave us so we will apologize and another difference is that those of us with BPD feel empathy and we might have said some really nasty things that we genuinely feel bad for someone with NPD does not feel empathy so they would have said really nasty things but they won't actually feel bad for it so they might go really cold on us we freaked out thinking they can believe us so we start being really really nice doing everything for them being like please believe me and put them back on that pedestal and sometimes they might accept it okay I like this because again they need they have need for excessive praise and attention and we're more than happy to give it to them if it means they'll stay with us even if the relationship isn't good for us so that's one way it can show art I'm looking at I haven't written notes up only literally just written the traits down but I had like loads of ideas when I first started thinking about this okay another one like the song with NPD can be Moody and depressed if they think they're not being praised enough and those of us with BPD we can really like really be people pleasers we want to fix someone even if like our actual motive is because we just don't want that person to leave us what like the major doesn't actually have to be because we generally want to fix them it might be because we want to have them in our lives and we don't want them to leave us so we will people please to the extreme and again this boosts someone with NPD this will really boost their ego and make them feel important one thing that made me think actually was those of us with BPD we won't have suicidal tendencies or so far we too can have the like with the chronic feelings of emptiness that we feel down and I think to Sauron with NPD this can be a sign of weakness and people with NPD don't want to be you with someone who they see as weak and I think this is a big reason they might just be like no they could pick him easily cut someone out their lives this can just leave us absolutely distraught because we have this fear of abandonment we don't want people to leave us and because like I said in the last video those of us with BPD we are in the relationship to love like we want that love we want a nice relationship whereas some with NPD they're not in it for the same reason that we are and that can cause real problems and yeah I think that's one of the reasons they can be so easily walk away now I know I've said like those of us with BPD can also walk away from relationships and that is true I think will one first of all a lot of people with BPD might also have some NPD traits most human beings at some point have some NPD trades it does not mean they're narcissistic but they have some of the trades so that could be one reason another is I think we're quite good just trying to switch off our emotions especially because we know our emotions cause us so much pain so sometimes it's easier just to cut off and kind of be numb to them to help us cope in light times that usually might completely destroy us because we can't handle our emotions another BPD trait is the feeling suspicious our doctors reality I think with this like my feelings of suspicious suspicions anyway when I was in relationship I would get very jealous I would constantly be thinking that person is cheating on me I could become quite stalkerish and obsessive and possessive and again I think this just feeds someone with NPD because one they liked to keep us on our toes and so we don't quite know where we are so we're constantly boosting their ego and but also the neediness and that it makes them feel like powerful in control um let me see what else I have we're just trying to remember stuff from by looking at the traits did I say about the insecurities like we both have these insecurities but someone with NPD just doesn't realize it they generally think they are this an amazing person they aren't aware that actually this all comes because deep down they're really insecure whereas those of us with BPD know we're really insecure and we've got a mask to try and cover it but we're quite aware of how horrible we feel inside basically and I think like certainly for me as well the way someone with NPD they can come across is really strong and confident and for me I used to see that as someone that could take care of me someone that would keep me safe I mean I couldn't be more wrong but that's that's initially what I thought I think I've done it again I think I've just forgotten my I've got him where I'm coming from wonderful okay I'm gonna put my notes down that I have actually talked for quite a long time about this thing I suppose I vertigo I apologize oh my god I just feel so rough oh I've got some makeup on and I suppose I'll be back on Friday riding all night in bed um okay yeah I kind of just lightly before I go I now know looking back I can see just how many people with NPD I was with I think we're stealing a lot actually like what NPD traits do I have because okay so the need for praise and attention is is that necessarily just NPD because those of us for BPD we feel so rubbish that don't we need that praise and that tension to try and make us feel good what does that mean we're actually just ticking a trait of another personality disorder I mean I did get you I have empathy I don't have mix utter aids since it self-importance I definitely don't feel entitled selfishness in relationships yes I can be selfish in relationships I want things to go my way all the time by which isn't great especially if the other person is the same and you both think it's my way of the highway then no one goes anyway envious and suspicious of others motivations again and that's a BPD thing as well I think I don't think I'm arrogant I used to be and I used to be judgmental but I really do not I'm not judgmental now I don't insist on associating with special people because at the moment I'm just spending all my time at home and my special people and my cats mmm preoccupied with fantasies of great power achievements and recognition okay so this one I am NOT preoccupied but of course I can get like into my head like oh my god I really hope my book thing takes off and it's a best-seller it's amazing and then I'll make some money and I can have a nice holiday but I have to stop myself and remind myself that actually this isn't why I wrote the book I wrote the book so it actually helped people so to try and help distinct mattias the disorder as well and help other people without the disorder understand those of us with it but of course sometimes our ego can just pop up like oh yeah feed me but but I do check myself and I remind myself that that's not where I write the book basically and I don't think someone with NPD would be able to do that react with rage but little I don't little people but I don't argue I just don't argue I think I've argued so much in my lifetime I'm done I'm just done with it I don't have another argument in me another thing I was talking about with some of the mums at the school like when I used to get angry I'd cry and so people think oh she's really upset I feel it raging but stop really crying in Cure even now what can be insecure of course I can I hate the aging process I think it sucks it's really just not good like okay so I used to be able to stand on one leg and put the sock on the other foot and now I hop around like an idiot struggling and ah ah this is the aging process this sucks my body is not able to do what it used to do but then maybe it's because I'm a bit poorly and I need to get my butt to a gym okay I'm gonna leave that there because now I'm just rambling I really do love you guys and I really hope I will be back on Friday to do a video for you This transcript was auto-generated and therefore may contain mistakes. Individuals with borderline personality disorder and narcissistic personality disorder may marry or enter into intimate relationships with each other, more than statistically likely, it seems. Although today treatment for BPD (especially in the form of dialectic behavior therapy), can be extremely effective, not everyone gets treatment, and may not be aware of why they are attracted to people with NPD.We asked Dr. Aaron Kipnis, a clinical psychologist and professor of psychology at Pacifica Graduate Institute, why he thinks this pairing occurs>Welcome Dr. Kipnis. Can you help us understand the underlying attraction between people with borderline personality disorder and narcissistic personality disorder and explain what needs are being met?It's curious. People with cluster B personality disorders can make it challenging for other people to be around them. Interactions and relationship with them can be pretty frustrating because they are usually very self-involved with little empathy for others. As a result, their lives can be lonely.Because people with BPD and NPD lack much insight into their thoughts, feelings, and behaviors, it is often hard for them fully understand why others repeatedly abandon them. But, people with Borderline Personality and Narcissistic Personality Disorders can find one another attractive and may actually forge more stable relationships with one another, at times, than they can with people without personality disorders.First of all, it is important for us to understand that these personalities exist along a spectrum. At their worst, they are diagnosable disordersmental illnessesbut milder forms exist as traits or tendencies. There are people whose personality does not fully rise to diagnostic criteria but who have similar life challenges as a result of having BPD or NPD traits. These include a much larger number of people than those categorized by the DSM-5. Personality disorder is not like tuberculosis, for which there is a simple medical test. BPD and NPD are disorders of degrees.That said:BPD is generally characterized by: problems with regulating emotions and thoughts; impulsive and reckless behavior, and unstable relationships with other people.NPD is generally characterized by: self-centeredness, lack of empathy, and an exaggerated sense of self-importance.So, on one hand you have person with a very fragmented sense of self who tends to be emotionally volatile. Imagine them like artesian wellsalways over-flowing from emotional pressures in their depths, which are driving their affects upward and outward, with no containment structure at the surface.On the other hand, you have a person who is oftentimes emotionally numbprofoundly empty inside, like a very deep, dark well from which it takes a great deal of effort for anyone to lift even a few drops of feelingan emotional desert.Well, all that water flowing out of the borderlines well feels wonderful to the arid inner world of the narcissist. And because the NPD desert is so dry, the person with BPD seldom floods it the way it would a person with normal limits of absorption. So, the person with an overflowing well, the one with BP Disorder or traits, does not have to feel anxious about causing floods.It does not feel good for the person with NPD to be numb inside, so all that feeling the person with BPD provides is like nourishment for the person with NPDIt allows him (or her) to feel somethingsomeone elses intense affect. And the NPD provides safety and stability for the BPD.If the person with BPD is a woman, she cant blow her NPD man away or flood him the way she has all the more sensitive men in her life. He allows her to feel more secure and contained. BP Disordered people are often desperately dependent and their dependency can make NP Disordered people feel very important, which is necessary to them.How did you first notice this type of pairing?I had a graduate student years ago that was an admitted, self-diagnosed person with NPD. He did his graduate research with me on his disorder. Some years later I ran into him and asked him how he was doing. He told me he was very well, with a full practice of clients who were mostly people with BPD.This is somewhat unheard ofin fact, I was shocked, initially. We advise our therapists in training not to take on more than one or two clients with BPD in their practice because they can be so overwhelming to work with. Clients with BPD might over-idealize their therapist then vehemently demean themsometimes in the same session. There may be the potentially unnerveing suicidality and phone calls at all hours. But my former student had about thirty clients with BPD! He was enjoying the work and most important, his colleagues at the clinic felt his clients were benefiting from their work with him.Some therapists say people with personality disorders just cant be helped so they wont have to feel so ineffectual for not being able to help them. But my former student, unlike the majority of therapists, was able to tolerate their intense and erratic affects by virtue of his thick-skinned NPD. In fact, he actually enjoyed being with them. And his clients felt safe and contained because they could not freak him out, push him away or get abandoned by him.Think about the opening scene in the wonderful film, What about Bob, where his most recent, fully unnerved therapist is quitting and referring Bob (Bill Murry) to a new therapist (Richard Dryfus). Bob is actually more of a multi-phobic (fictional) person but also displays that clingy, boundary violating, borderline quality that drives some people, particularly his narcissistic therapists, nuts.More with Dr. Kipnis soon.Dr. Aaron Kipnis is a licensed clinical psychologist with a private practice in Santa Monica, California. Since 1997, he has been a full-time psychology professor at Pacifica Graduate Institute in Santa Barbara County. Dr. Kipnis has written five books, many book chapters and articles, a produced play and an award winning documentary film. His most recent book is: The Midas Complex: How Money Drives Us Crazy and What We Can Do About It. He has been an expert witness in court proceedings and a consultant to educational, mental health, corporate, and governmental organizations. He is often featured on national news media, as a keynote speaker for professional conferences, and periodically offers his Midas Complex workshops around the country. He lives in Topanga Canyon, California with his wife and two children.For more information or to contact please visit .

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