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Are you who are overly empathetic, self-sacrificing, generous, perfectionistic, deferential, more willing to put other's needs before your own, and uncomfortable with conflict? Then you are more vulnerable to being emotional caretaker, according to Margalis Fjelstad's new book, *Stop Caretaking The Borderline/Narcissist In Your Life: Let Go Of Their Life And get a Life of Your Own* (Rowman & Littlefield, Feb 2013).

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As a seasoned therapist, Margalis Fjelstad brings insight, compassion and good advice to people who have become caretakers to a borderline or narcissist. She shares

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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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OR BORDERLAND UNDERSTAND Most caretakers believe that if 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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