

The Nicola Method

List of Behaviors Commonly Associated With Borderline Personality Disorder

1. Acting from a belief that you don't care about her that only emerges after she has secured a permanent relationship commitment.
2. Chronic criticism of your behavior or devaluation of you as a person.
3. Acting from a strong belief or sense that you are controlling her.
4. Unwillingness to take on shared chores or responsibilities in her relationship.
5. Chronic low-grade illness that gets in the way of normal relationship activities.
6. Expressions of entitlement or a sense that she deserves more than her share.
7. Expressions of feeling like a victim.
8. Behavior that looks like punishment or revenge towards you.
9. Expressions that you are not taking care of her emotions, don't care about her feelings or don't care about her as a person.
10. Excessive or chronic irritability.
11. Excessive jealousy or unwarranted accusations of infidelity.
12. Excessive demands for your attention that interfere with your professional or private life.
13. Expressions of fear or statements of inability to handle everyday situations.
14. Crying jags without a reason identified.
15. Expressions of a desire to be taken care of like a child.
16. Disparaging comments about your extended family and friends.
17. The desire for limitations on your private life outside of the relationship.
18. Controlling behavior, either manipulatively or through bullying or use of guilt.
19. Rage attacks.
20. Quick mood changes with an amnesia-like quality where she doesn't seem to remember why she felt the way she did moments, hours or days ago.
21. Chronic lying or distorting of the truth or shifting of blame from self to others to bolster her self-image.
22. Extreme dependence on you for her emotional well being.
23. A strong belief or sense that you are not acting appropriately or are not worthy of her.
24. Excessive threats to leave the relationship or declarations that the relationship is over followed by reconciliation or acting as though the threats had not been made.

(This list of behaviors does not serve as a diagnostic tool for borderline personality disorder.)