

## How Mal-Adaptive Dysphoria Destroys Relationships

While everyone suffers from Dysphoria at some time when things went wrong, the BPD sufferer has developed dysfunctional coping skills, or Mal-Adaptive Dysphoria ("MAD"). This is one of the most vexing problems to encounter.

What's worse, the BPD sufferer does not know their perceptions of their world are turned upside down and inside out; and any attempt to convince them is only regarded as manipulation. When a their non-BPD mate tries to reorder the BPD's world, the BPD sufferer becomes confused with contradictory perceptions, sees their mate as a manipulator, and tries to re-manipulate their world back to the distorted view. This, in turn, makes their mate feel like the BPD sufferer is nothing but a grand manipulator. After a while, the non-BPD mate begins to question their own view of reality. Nothing seems to compute anymore. What 's real? What's imagined? The non-BPD can eventually become confused, despondent, dysphoric, and angry with the fast accumulating stresses of living with a BPD mate.

Because logic is totally thrown away in the "MAD" zone, the three pillars of any good relationship -- Love, Trust, and Belief in the value of the mate -- are usually irreparably destroyed.

Love: For most people, if they want to be loved, they know that the best way to get love is to give a little love or be a little loveable. When a BPD person is in the MAD zone, they become angry and hypercritical about everything, pushing their mate way, rejecting attempts at love. Responding to this rejection the BPD's mate becomes disillusioned, or may walk (or storm) away from the poison, and, at worst, gets angry too. Any of these responses just reinforces the MAD view of the world in the BPD, thus deepening the cycle and setting the stage for the next breakdown, which is inevitably worse because of what preceded.

Trust: The foundation of all cooperation is trust. When in the MAD zone, the BPD person is both paranoid and angry. Because of their heightened feelings, their feelings become their reality, and thus the only thing that is true is what they "feel." Thus reality has to conform to distorted emotions, resulting in distorted reality, false accusations, and suspicions. The mate of a BPD typically responds first by trying to present valid, concrete, reality based evidence, which is rejected out of hand. Trust has been destroyed at this point. Then the BPD mate quickly learns not to discuss such matters, which just end up in a fight, defensiveness, confusion, and chaos. But, by not sharing information and discussing matters jointly, the seeds are sown for the next crash in trust, and the BPD's MAD view of the world is further distorted.

Belief in the Value of the Mate: Valuing a mate is an essential ingredient to a long, healthy relationship. Healthy partners have a positive view of their future together, a balanced view of the positives and negatives of their past, and tend to try to make the present moment filled with happiness and joy. For those BPDs in the MAD zone, the world is a historic garbage dump of horrible failures, past transgressions, and lack of love. Everything in the present moment is a confused and angry concoction of hurt, criticism, blame, resentment, rage, twisted realities, and suspicion; which creates a frightening view of the relationship, and a thorough collapse in any belief that a future with their mate will produce joy, happiness, or success. Once this critical third pillar -- the belief structure -- is shattered, the last hope for survival of the relationship is left to the psychiatric profession (which might help) or lawyers, and/or the police, who are totally oblivious to the bizarre realities of BPD.