

# Options & Outcomes

## Borderlines & Codependents

# Lois Lane Loves Superman

By Cheri DeMoss

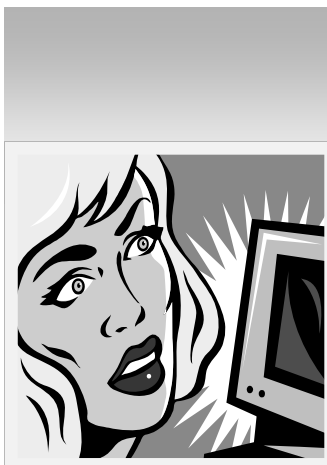
One of the most difficult challenges is getting Superman (aka the extreme codependent) to realize he has falling in love with Lois Lane (aka someone with Borderline Personality Disorder).

The second most difficult thing is to get him to understand what this means & how it is & will impact his life & his relationship with this partner he loves most in the world.

When Superman starts to have difficulties in his relationship with Lois Lane the confusion & behaviors are consistent & predictable.

Superman is usually not consciously aware of the predictable patterns. In fact the majority of the time he is preoccupied with believing what Lois Lane is telling him - that he is the problem. This message begins occasionally at the beginning of the relationship & then becomes more frequent, even daily, as the relationship continues.

When Superman realizes he has fallen in love with someone with BPD, Borderline Personality Disorder, he needs to understand he is not alone. More & more research is



There are unique patterns of behavior that hook Lois & Superman to each other like the 2 parts of Velcro. Like the strongest magnets. These patterns or "hooks" are the red flags. The Yin and Yang of this relationship. Each part feeds the other.

## Esteem Innovation Classes

**A**s infants & toddlers we felt good about ourselves. We didn't worry if people liked us. In fact, we had every confidence that we were completely lovable and likeable. We didn't try to hide what we felt or who we were from others.

We easily shared our feelings, thoughts & accomplishments. As we grew up we were given the message that what we felt, did or thought was not okay.

Our self-esteem affect all

aspects of our lives and our relationships. By learning how our childhood self-esteem turned into adulthood self-doubt we can easily reverse the process.

### You'll learn to:

- Turn obstacles into options
- Expand your self-esteem
- Enhance your relationships
- Recognize your strengths
- Change fear patterns
- Feel consistently confident
- Experience the innovation

### **For Information Call:**

**773- 338-2889**

being done on romantic relationships with people with BPD. Superman needs to also get clear, precise information in order to have a well-defined understanding of who & what he is involved in.

***Lois Lane is both the love of his life and his own personal kryptonite.***

A partner with BPD is not be able to *consistently provide* all of the things that anyone, including Superman needs in romantic relationship.

People with Borderline Personality Disorder didn't get the kind of consistent & reasonable, healthy, intimate care that all children need.

Superman's BPD partner consciously or unconsciously, positions him as the caretaker to meet her needs (real or irrational). Lois Lane deeply believes it is Superman's job to meet her emotional needs because she doesn't know how to meet them for herself.

Without noticing, Superman is put in the role of the nurturer; the provider of emotional support; & mostly importantly – he is put in

**Inside...**

**Lois Lane Loves Superman  
Experience Quiz  
Partner Quiz**

**Page 1&2  
Page 3  
Page 3**

# Lois Lane Loves Superman

(Continued from page 1)  
the position of rescuing his partner from herself & her own emotions. His job is to protect her from her feelings & emotional reactions towards him, & those she is threatened by or jealous of in the world. Lois Lane may, from time to time admit this is her problem to solve. But she will contin-

ue to act like it is Superman's job to solve this by changing his behavior to make her comfortable.

This feels normal to him as an adult because this was the same thing that happened when he was a small child.

If you find that you identify with many of the things

listed below it's very likely you are in a relationship with someone with Borderline Personality Disorder.

It would also indicate that you were most likely raised by a parent with BPD. This means that the effects are still with you, in subtle & fundamentals ways. These things effect who you

choose to spend time with, to befriend, to fall in love with.

***Superman starts to feel he is bad & wrong because he believes Lois' view of him as bad & wrong***

## Which of the Following Match Your Experience with Partner or Parent ?

\_\_\_\_\_ You're criticized. It can be about personal characteristics, physical attributes, mental abilities, intelligence, personal habits, goals, family, friends or anything that makes your partner feel threatened.

\_\_\_\_\_ You remember sequences of events, behaviors of your partner or conversations differently from your partner. Sometimes it feel as if they have "rewritten history". You feel "Crazy".

\_\_\_\_\_ Your partner tells you ordinary things & expects you to keep it secret. They also expect you to always side with them, no matter what the subject. You are often accused of betrayal.

\_\_\_\_\_ You are expected to assume the responsibilities of a parental figure with your partner such as; you are put in the position of rescuing your partner from themselves & their own emotions, emotionally comforting or reassuring your partner, & caring for them, You "get in trouble" if you put your needs first.

\_\_\_\_\_ Your feelings are discounted, denied, criticized, or ignored. Your partner views their feelings as bigger than or more important than yours.

\_\_\_\_\_ You are given mixed messages.

\_\_\_\_\_ You aren't permitted to have or express strong emotions, particularly anger or sadness. But your partner frequently gets angry or sad. Their anger or sadness is mood determined so feels unpredictable. You often feel like you're walking on eggshells.

\_\_\_\_\_ You try to talk to your partner about their behaviors in the relationship & they are not accountable. Instead they blame you back, tell you it's your fault they acted that way, change the subject & / or fly into a rage until things escalate & end in distance. & the original subject has not been addressed.

\_\_\_\_\_ You are held to extremely high, often unattainable standards of taking care of your partner's feelings. These standards or "relationship rules" continually shift so you end up feeling like you are "walking on eggshells".

\_\_\_\_\_ You aren't encouraged to explore, make new friends or be different from your partner in any way they find threatening.

\_\_\_\_\_ Your thoughts, feelings, privacy &/or your belongings aren't respected. Once discovered they are used you.

## With Your Partner Do You?

\_\_\_\_\_ find yourself in abusive conversations, situations, or fights and are unsure how you got there

\_\_\_\_\_ feel unfairly treated and unable to trust your partner

\_\_\_\_\_ feel like there are more arguments and fear than there are good times and emotional safety

\_\_\_\_\_ feel responsible for your partner's moods, feelings, & actions. Especially because our partner acts like you are.

\_\_\_\_\_ put your partner's needs ahead of your own

\_\_\_\_\_ try very hard to know what your partner wants, even before they know they want it.

\_\_\_\_\_ tend not to trust your own feelings & perceptions of your relationship.

\_\_\_\_\_ feel incrementally isolated from people you like and the activities that may "take you away" from you partner.

\_\_\_\_\_ get highly anxious at social gatherings or new settings, if you are with your partner, for fear of being accused or criticized later

\_\_\_\_\_ fear of leaving the relationship because when it's good it's everything you've ever wanted.

# How Lois Thinks & Feels

Someone with BPD, like Lois Lane, creates a high level of inconsistency because they are mood determined. If they made a promise to us or they were impulsive in the moment & then their mood changed they do not follow through.

Because Lois is a high functioning BPD she will act these things out primarily on those she loves - her partner and her children. Lois acts as if she doesn't have to be consistent & her repeated mood shifts are normal. Those around her learn that this destructive & frightening inconsistency is normal.

As with all BPDs, Lois will frequently become angry, accusatory, enraged or depressed. These emotional states look & feel like a fit or a thought that comes out of left field.

What is happening is that the BPD will start thinking about how her partner has done something that's hurt or scared her.

The memory of the hurt is so big for her that anger at and the need to hurt "the offender" becomes overwhelming & out of control. She will then strike out saying & doing hurtful damaging things to her child and/or partner.

She does things - that when she is calm - she is embarrassed to look at, admit, or discuss. This is why it's so painful for the personality disordered person to acknowledge & talk about their behaviors. Hearing the impact she's

had reminds her of how out-of-control she was & she's overwhelmed with shame.

*"In these people their denial looks for support & they see their partner or child as the actual cause of their feelings & behaviors."*

- Gregory Lester

The reason it is called a disorder is that inside the person there is a disordered way of thinking - either because the person actually has a BPD or because we are mimicking their BPD parents - information is perceived through a specific set of beliefs.

One of the cornerstone beliefs of a borderline personality disordered person is denial of the reality & impact of their behavior.

Lois's beliefs are basically black or white. Either Superman is all good or he is all bad. She perceives Su-

perman as someone who will never hurt or frighten her.

When Superman turns into Clark Kent and does something any other human being would do: think or feel differently; get angry, sad, scared; or like another person - this hurts and terrifies Lois.

This is when Lois flies into a borderline rage. She experiences an emotional tidal wave of feeling betrayed that make her feel alone, isolated and enraged. Striking out, punishing, pushing away or leaving those she loves & who love her. The more she loves someone the worst she will treat them.

It's not that what she is reacting to wouldn't cause feelings of betrayal & anger in others. If a husband cheats on a wife, of course the wife will feel betrayed, lied to, distrustful & angry.

But when the dust settles the wife will want to understand what happened, why, did she have a part in it & she will most likely use this information to rebuild trust

& repair the relationship.

With someone with BPD the feelings of being lied to, betrayed & above all else the feeling of not being special are so overwhelmingly terrifying that they need to punish, attack & be unforgiving.

They don't want to understand what happened. They interpret the reasons why & have an innate belief that only they know what is really going on in the mind of 'the offender'.

The unforgiving part comes from believing that this person they love would be a perfect parent/partner & never ever make them feel the fear of being abandoned that lives inside of them.

You can see how this fear of being abandoned is like catnip to a cat for Superman. He lives to save Lois. What he doesn't understand is that no one can save Lois from her fears and feelings but herself.

No two people can be in a relationship, whether it's parent & child or partners,

## With Your Partner Do You Feel? *may have felt like this as a child*

- |  |   |
|--|---|
| <input type="checkbox"/> Scared                      | <input type="checkbox"/> Like you're walking on eggshells   |
| <input type="checkbox"/> Confused                    | <input type="checkbox"/> Invisible or have to keep your feelings to yourself  |
| <input type="checkbox"/> Angry                       | <input type="checkbox"/> Surprised by a sudden attack or accusation after feeling emotionally connected to your partner |
| <input type="checkbox"/> Guilty                      | <input type="checkbox"/> Like the adult in the relationship   |
| <input type="checkbox"/> Responsible                 | <input type="checkbox"/> A lack of consistent intimacy  |
| <input type="checkbox"/> Crazy-made                  |   |
| <input type="checkbox"/> Like you can't get it right |   |
| <input type="checkbox"/> Depressed and/or Anxious    |   |

# How Lois Thinks & Feels

(Continued from page 3)  
without hurting each other. Not being perfect is part of being human. And it's these human imperfections that give a relationship its depth. It's this "being human" part that is so terrifying because the person with Borderline Personality Disorder is desperately looking for a perfect parent. The person who will never hurt or scare or abandon them.

Lois fell in love with Superman because he originally appeared to be this haven of safety. Once Superman turns into Clark Kent - which is inevitable - Lois feels deceived and betrayed.

The issue of betrayal is the major key in borderline personality disordered partners. Understanding the powerful mechanics of betrayal is key to understanding the "unforgiving" part they bring to their relationships. They feel basically unsafe in the world.

It is the fear of being unsafe in the world that initially draws them to Superman and causes them to inevitably and continually attack him.

The Borderline's disordered thinking creates rage and a need for vengeance & punishment. When the Borderline is enraged, hurt or angry they have no respect for normal behavior.

They are unable to control these feelings. They, literally, will do anything to

make Clark Kent feel as bad as they do.

Once Lois act out her rage she can only deny that it happened, blame someone else (usually Clark) or rewrite the history.

Being in a relationship with Lois is being in a relationship with someone who has no reverence for the amount of pain & especially for the amount of fear they create inside of you. This

is the absolute definition of hell.

Exposed to this constant "walking on eggshells" fear that Lois creates in the relationship, Clark Kent not only stops turning into Superman - but slowly over time is reduced to reliving his childhood for as long as the relationship lasts.

He will find himself working to turn himself inside out

trying to be seen not as an unlikable / unlovable monster by the person he loves most in the world

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***Imagine being in love with someone who has no compassion for the amount of pain or fear they create inside of you.***

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## About Empowering Options - Counseling Innovations

**E**mpowering Options Counseling Innovations is remarkably effective because our philosophy is to be on the side of the client. We concentrate on helping you learn, explore & create your options; your life adventure. The adventure is in the perspective – the beliefs that you view yourself & the world through.

Empowering Options uses a unique combination of information, observation & awareness to help you view yourself & your life differently. That's what our individual, couple's & group sessions, workshops & trainings are all about – being on the side of the client & giving you more accurate observation, insights & effective, innovative options. There is no assumption that what you are doing or feeling is wrong. We don't presume that you need to be fixed. Our goal is for you to feel empowered, esteemed & effective in your own life.

We strive to keep you interested & interactive; energized & supported. The goal is that you leave each session with a new, more powerful way of looking at things. We focus on a collaboration of our expertise combined with your concerns, feelings, behaviors & thoughts. We fit people's lives by providing life innovations that make it possible for you to create the changes you want at the pace you're most comfortable with.

Empowering Options brings an original, distinctively refreshing approach to the counseling experience. The focus is always on empowering the client & teaching clients how to empower themselves. Using a unique combination of insight, perspective, & objective observation clients are given the information, tools & self-belief to permanently change their lives.

We provide unique feedback, concrete options, clarity & increased self esteem. Sessions are filled with interactive conversations not empty stares, silence or rhetorical questions. You don't have to assume we understand your feelings or concerns because we consistently demonstrate our understanding. If you ask a question you can expect a direct & straightforward answer. We don't believe you should spend your valuable time & money with a therapist that responds "What do YOU think?" or "How does that make YOU feel?" when you ask for their input. We teach you how to create options that will empower you throughout your life. Our innovative style, along with a fun & thought-provoking manner is distinctively client positive & client empowering. We present new ways to look at old beliefs & behaviors that will enhance your life & give you extremely effective tools to help you with the changes you want to make. We help you create life innovations, insights, esteem & options. You can get more information about our approach, services & download our newsletters at [www.EmpoweringOptions.com](http://www.EmpoweringOptions.com).

***Inside . . .***

**Do You Feel Quiz**  
**How Lois Thinks & Feels**  
**How Lois Thinks & Feels**

**Page 3**  
**Page 3**  
**Page 4**