



Get Me Out of Here: My Recovery from Borderline Personality Disorder

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With astonishing honesty, this memoir *Get Me Out of Here*, reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. A mother, wife, and working professional, Reiland was diagnosed with borderline personality disorder at the age of 29 -- a diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes including bouts of anorexia, substance abuse, and promiscuity. A truly riveting read with a hopeful message.

EXCERPT: "My hidden secrets were not well-concealed. The psychological profile had been right as had the books on BPD. I was manipulative, desperately clinging and prone to tantrums, explosiveness, and frantic acts of desperation when I did not feel the intimacy connection was strong enough. The tough chick loner act of self-reliance was a complete facade."

Get Me Out of Here: My Recovery from Borderline Personality Disorder Details

Date : Published July 30th 2009 by Hazelden (first published June 1st 2002)

ISBN :

Author : Rachel Reiland

Format : Kindle Edition 468 pages

Genre : Psychology, Autobiography, Memoir, Nonfiction, Health, Mental Health, Mental Illness

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Doan Huong says

“What is it like to have Borderline Personality Disorder?” It is like having a different person inside you whom you have subconsciously neglected for a long time.

It is true that I have Borderline Personality Disorder. It is true that I have been gone through what Rachel had suffered: self-destructive thoughts and actions, depression, abuse, manipulation, black and white thinking, hatred, and disintegrated personality. Tiredness, emptiness, chaos, and intense passion, I’ve had them all.

However, I am not fortunate like Rachel. She has her own loving husband and beautiful children; she also had a caring psychiatrist. Meanwhile, I only have her book as my own therapy.

I’ve realized so many meaningful lessons through the book. I’ve learned to accept myself, learned to forgive people who never apologize, learned to feel calm and peaceful. I cannot love myself totally right now, yet I know I will keep trying.

There is one more thing I’ve learned through the book. Borderline Personality Disorder or any other Personality Disorder should not define you. You are much more than that. You are a precious, independent human being. So, don’t let your mental illness label you, ok?

Kristi says

Dreadful. Don't read this if you have BPD or know someone who does. The author sounds like she has narcissistic personality disorder as well as BPD and her behaviour is extreme - not like the 'average' borderline. The so called therapy she describes as well is very old fashioned and dated so I feel this could be dangerous to people trying to get help with the disorder. It also perpetuates the myth that BOD sufferers are awful people which is very harmful, I wish this book could be taken off the market. I threw mine in the bin so no one else would read it.

Lily says

Among the ideas from this book that are likely to stay with me:

"For all these years, you’ve lived under the illusion that, somehow, you made it because you were tough enough to overpower the abuse, the hatred, the hard knocks of life. But really you made it because love is so powerful that tiny little doses of it are enough to overcome the pain of the worst things life can dish out. Toughness was a faulty coping mechanism you devised to get by. But, in reality, it has been your ability to never give up, to keep seeking love, and your resourcefulness to make that love last long enough to sustain you. That’s what has gotten you by.” From Chapter 11.

"You survived by seizing every tiny drop of love you could find anywhere and milking it, relishing it, for all it was worth. Your parents weren't all hate or all abuse. There were tender moments, whether or not you choose to remember them now. There were those moments, however brief, when you felt safe. You felt loved, and you savored every minute of it and held it closest to your heart. And as you grew up, you sought love anywhere you could find it, whether it was a teacher or a coach or a friend or a friend's parents. You sought those tiny droplets of love, basking in them when you found them. They are what sustained you." From Chapter 11.

tee says

I guess this is why there aren't many memoirs written on Borderline Personality Disorder. This book was hard to read; Reiland being entirely unlikeable and frustrating for the majority of it. However, it was written fairly well and it did end on an uplifting and inspiring note.

Besides Reiland constantly pissing me off which began in the first quarter of the book when her therapist "threatened" to send her to a state psych ward and she in turn wrote a horrid little paragraph of how rotten that would be; to be locked up with the real crazies; the junkies and homeless people. Ew! So there's a lot of upper middle class privilege, a decent amount of homophobic slurring - she likes to call her therapist a faggot and a pansy (and every variation thereof, which granted is based on issues relating to her father, but still, it's grating and lady, you have BPD not fucking tourettes) and some frustrating shit relating to gender social constructs (so much confusion relating to her own childhood and then her children's).

So, thoroughly self-indulgent and her petulant, stroppy tantrums almost got the better of me but I thought I'd persevere. I'm not sure whether it's Reiland herself, or her being someone with BPD (though I loathe labels) but it simply wasn't the easiest book to read. I'm not sure if it could have been cut down, it felt long and tedious - there's a hell of a lot of therapy talk (and not much back history whatsoever). In hindsight, I guess most of it was necessary to give a complete picture of BPD. Complex, just like BPD itself.

Petra X says

Reading this I raged at the author, well not quite rage, at it was the author's rage that infected me. She spread it like stinking manure on a field. Everyone, medical professionals, family, fellow patients and readers got enveloped in the stench.

The author wrote the book from the 1,000 page journal she kept of her progress through therapy and it is only on reflection you see through the madness to the woman suffering terribly from Borderline Personality Disorder. She wavered between psychosis and neurosis. Between floridly mad and uncontrollably moody. Did she come through? Yes. She's a sweetheart and I love her for not attempting to show herself in a good light, but a rather a true one. Since her disorder made her very nasty, that took some guts. 4 stars.

Written on reading the book. This is self-indulgent and harsh. (view spoiler)

Reviewed 8th April 2016

Read Nov 6-10, 2015

Jennifer says

This was probably the best book I have ever read on Borderline Personality Disorder. Told from the perspective of someone diagnosed with it, it did not pull any punches and gave a very honest, revealing look at what the disorder is like for the sufferer and for those around him/her. Best of all, it went into great detail about the relationship between therapist and patient that eventually led to the CURE. BPD is commonly called the "garbage ground" of psychiatric disorders - professionals do not want sufferers as patients because of their all-consumingness and recovery seems like a pipedream. This book goes a long way in reassuring both camps that BPD can be eradicated. It's not easy or pretty but it can happen.

Bobbieshiann says

there is nothing simple about this book. it is intense and speaks volumes. a woman who has borderline personality disorder lives her life with two conflicting people taking over her. there is the adult woman herself and the child version of herself. a child who did not know love and acceptance. who walked on eggshells because her father was a tyrant and her mother was manipulative. she dealt with being anorexic, lashing out, pain to cope, and being manipulative to fulfill her childlike needs. her journey with a psychiatrist is extraordinary. she does not hold back at all when writing her story and as you read it, there is no judgement passed. there is understanding and hope that she would get better for herself and her husband/2 kids. dr. padgett (her psychiatrist) became a father figure to her as she was a child, but in the end, the relationship became adult to adult. they dove in on love, hate, fear, anger, hurt, childhood, the lack of having, and a lot about religion. she lost the faith she realized she never had only to gain a new understanding of religion and finding her true love for God. her story is a remarkable page turner.

Janet Morris says

Get Me Out of Here is a brilliantly written book about Rachel Reiland's struggles with Borderline Personality Disorder. Reiland does a great job of verbally expressing the pain and anger that this disorder caused her, as well as helping to explain why she developed the disorder (her childhood experiences). Some may be shocked by the intensity of her anger and outbursts, but one must keep in mind that these outbursts are just a sign of her problems with BPD. She was lucky that she had an understanding husband and a very patient psychiatrist. A lot of patients with this disorder aren't as lucky as she and end up being dumped by either their family or their therapist or both.

Katherine says

I read this book having been recently diagnosed with borderline personality disorder myself. To begin with, I was honestly unsure whether I wanted to read it, incase it made me feel worse about my diagnosis. However, since it was about someone's "recovery", I thought that it would be worth reading, in the hope it may inspire me.

For the first 300 pages or so, I didn't like it. It was one of those books that I didn't want to continue reading, but I couldn't put down. I couldn't bear to think that this could possibly be my future, or that I currently behave in ways that Rachel did. It really depressed me.

However, things began to turn around for Rachel, and this gave me so much inspiration. Her situation was worse than mine, and she managed to make a life for herself. She made it out the other side. If she can do it, so can I.

I think that this book gives a very accurate, and explicit insight into the complicated world of someone with BPD. If a loved one suffers from it, I would recommend you read this - it really lets you see what they are dealing with, and that may make it easier to deal with. If you suffer from BPD, I also think that it's a good read, however, be careful. It could potentially be triggering, and at the beginning, you'll probably wonder why you're reading it, but please, persevere. It *will* give you hope, I promise.

This is probably one of the favourite books I've ever read.

Empress says

4.75 | No Spoilers

The following quote is from the epilogue of the book and it speaks about it in general terms.

Tempting as it may be to draw one conclusion or another from my story and universalize it to apply to another's experience, it is not my intention for my book to be seen as some sort of cookie-cutter approach and explanation of mental illness, It is not an advocacy of any particular form of therapy over another. Nor is it meant to take sides in the legitimate and necessary debate within the mental health profession if which treatments are most effective for this or any other mental illness.

What it is, I hope, is a way for readers to get a true feel for what it's like to be in the grips of mental illness and what it's like to strive for recovery.

How I reacted to the book: I laughed out loud and cried a lot, often on the same page.

What this book is about: It's a personal journey. This is THE most honest books I've ever read. The author reveals her inner life, thoughts and feelings to us COMPLETELY. Some people would prefer to get naked before share the things she did.

In the beginning of the book, she tells about the turmoil she experiences not knowing she has a mental problem. She reveals the childish and ugly side of her. While for me it is very easy to understand why she reacts the way she does and what she actually feels, **I wonder** if people that are **not** familiar with mental health issues can understand this part of the book, or they would just think: "*Why is she acting like that? She doesn't have an excuse!*"

The only part that was **TOO much for me** was at the end, her endless expression of love and gratitude toward her Therapist.

I recently watched a BRILLIANT documentary on BPD on Youtube, and in this video clip they said:

Manipulation is when you consciously try to get someone to do something for you, without them knowing that you actually got them to do it. These individuals very rarely have the end of personal skills to figure out how to get you to do things in a non-obtrusive way.

I think BPD people are highly misunderstood, because of their emotional underdevelopment.

EDIT: This is an experiment how abused children bond with their parents more. It's from this book:

Some scientists were conducting an experiment, he said, trying to gauge the impact of abuse on children. Ducks, like people, develop bonds between mother and young. They call it imprinting. So the scientists set out to test how that imprint bond would be affected by abuse.

The control group was a real mother duck and her ducklings. For the experimental group, the scientist used a mechanical duck they had created - feathers, sound, and all - which would, at timed intervals, peck the ducklings with its mechanical beak. A painful peck, one a real duck would not give.

They varied these groups. Each group was pecked with a different level of frequency. And then they watched the ducklings grow and imprint bond with their mother.

Over time, he went on, the ducklings in the control group would waddle along behind their mother. But as they grew, there would be more distance between them. They'd wander and explore.

The ducklings with the pecking mechanical mother, though, followed much more closely. Even the scientists were stunned to discover that the group that bonded and followed most closely was the one that had been pecked repeatedly with the greatest frequency. The more the ducklings were pecked and abused, the more closely they followed. The scientist repeated the experiment and got the same results.

Debra says

I found this to be a very compelling memoir by a woman who had successful therapy for borderline personality disorder, a disorder that is frequently stigmatized and thought to be "untreatable." As someone training to be a clinical psychologist--but largely unfamiliar with BPD--I found this a very good book from which to learn more about the disorder in general and about a particularly powerful therapeutic relationship between Rachel and her therapist.

erica says

This memoir is less about BPD than it is the narrator's weird obsessive relationship with her therapist. Not recommended.

Christine Olson says

Realistic, hopeful, compassionate, and validating....Good read for anyone who has loved and/or lived with someone who struggles with Borderline PD inclinations or anybody who has BPD. Its autobiographical nature prompted me to feel more empathic for (and forgiving of) those with BPD, but also made me more keenly aware of the need for establishing clear limits or boundaries as a means of establishing healthy, enduring connections with family members, friends and co-workers who have BPD tendencies. The book is long (440+ pages), but hard to put down.

P.S. The 5-star rating is intended for readers who have either suffered with BPD or people who have known loved ones with BPD--just because it is so validating. These readers will really "get" the irrational nature--and all of the associated frustration, confusion, and anguish--- of the disorder. I would probably give a 4-star rating for readers who have, to date, only an abstract or "book-learning" appreciation of BPD--just because it may seem rather lengthy and drawn out to these readers. Nonetheless, I believe this is an extremely valuable resource to obtain a "first-hand" understanding of BPD---a way to understand it in a personal vs. DSM category way.

Sara says

I thought about not putting this on my reviews, because my penchant for mental health recovery memoirs is getting embarrassing, but -- this one was really good. Not falling into the fallacy of the "moment I was saved" nor falling into the "but I was a victim of my bad brain chemistry/ abusive childhood," Reiland narrates rather unemotionally what it takes to get from crazy to sane. In her case what it took was a loving, patient partner, a committed, ethical therapist who didn't buy into the health insurance industry's "20 sessions and then you're sane" rule, a community of people around her (sympathetic priests, a church choir, and a softball team all make contributions to Reiland's recovery). And most importantly, as Reiland stresses again and again, it takes commitment from the crazy person herself. She's very clear-eyed in distinguishing between the moments when she wanted to wallow in her sickness, and the decision she had to make every day that she was going to get better. Not one time, but the same decision every single day for four or five years.

This is perhaps the best memoir of this genre I have read for demonstrating that discipline is needed for full recovery from mental illness -- but also for carefully pointing out that what most people think of as "discipline" -- pulling yourself up by your bootstraps, "behaving," punishing yourself for misdeeds -- is actually a part of mental illness. In this book, real and healthy discipline always emerges as a part of one's membership in a community that really loves and values you.

K says

Unfortunately there was a gap between my reading this on a long, half-focused plane ride and my managing to find the time to sit down and write a review. Also regrettably, there was an even longer gap between my reading of this book and my reading of *The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating*, which would have been a great compare-and-contrast. Like Kiera Van Gelder, Rachel Reiland writes a raw account of her gradually transformed inner world as a sufferer of Borderline Personality Disorder (BPD) who begins to reinvent herself and her ways of relating to others through therapy. Whereas Kiera Van Gelder received Dialectical Behavior Therapy (DBT), a structured, research-supported program specifically designed to address BPD's particular constellation of difficulties, Reiland spent years working with a psychoanalytic therapist who saw her three times a week and spent a great deal of time delving into her past and working through transference issues. To my understanding psychoanalytic psychotherapy is considered by many to be passe and lacking in empirical support, but it seems to have worked for Rachel. It was a long and arduous process, though, and reading this book often felt long as well.

It's always difficult to know with memoirists how accurately they're recalling events, especially when it comes to detailed dialogues. And of course, memoirists by definition are telling the story from their own perspective and are unreliable narrators. I was curious how the book would have read if it had been written by her incredibly supportive husband or her therapist. Or by any of her family members, who are depicted as supremely dysfunctional. Sufferers of BPD by definition often have skewed views of their relationships and of those around them, which casts another layer of doubt, although Reiland did a decent job of showing the reader the way that her mind often twisted her perceptions of those around her.

Although this book wasn't exactly enjoyable to read, it was certainly informative to spend time in the head of a sufferer of BPD and experience, together with her, the intense emotional roller coaster that divided her from those around her. It was also interesting to contemplate her relationship with her therapist, who sometimes seemed to be feeding into her dependence on him but ultimately seems to have been effective in helping her tame her demons. This book would be great to discuss with a group of mental health professionals with experience treating BPD, especially in comparison with *The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating*.
