

## **If Your Child's Spouse is Troubled:**

**If your kid is married to somebody who has borderline personality disorder, paranoid personality disorder, anti-social personality, or even if they have such severe depression or anxiety that they can't tolerate any disruption, they may force your child into an estrangement.**

**In general, it doesn't take a whole lot to trigger individuals who suffer with those forms of mental illness. Typically they are not happy people. Happy people overall tend to be more tolerant, forgiving and loving.**

**People who are more troubled, particularly the diagnoses that I just mentioned, construct the world in such a way to make themselves feel safe. Often they come from homes that were more troubled; where there was abuse, instability or chaos. Not always, but often.**

**The way that they make themselves feel safe and comfortable is to quickly rid themselves of anyone who in any way challenges their perspective. Thus, the most insignificant interaction can cause that person to become self-righteous, preoccupied and inflamed.**

**More importantly, they may cause your child to end or limit contact with you as a way to feel safer or more in control.**