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As a seasoned therapist, Margalis Fjelstad

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brings insight, compassion and good advice to people who have become caretakers to a borderline or narcissist. She shares techniques to neutralize crazy-making rules, set limits and boundaries, and stop the pattern of victim, persecutor and rescuer. Learn more about me and my services [HERE](#)

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Most caretakers believe that if they could just find the right words, voice inflection, or explanation, they could get the borderline or narcissist to understand why their behavior is so distressing.

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