

Borderline Personality Disorder Symptoms Checker

This can be used to explore the listed criteria for Borderline Personality Disorder (BPD) and gain a clearer understanding of what you might be experiencing.

This is not a replacement for a clinical diagnosis and is meant for exploratory purposes. The DSM-5 lists needing at least 5 of these criteria to be disrupting your functioning and/or relationships. If under 18 symptoms must be present for a prolonged time (1 year) since at that point you are still growing, developing, and learning how to manage and respond to life's circumstances.

Check any description below that matches how you see the work and how you act and react. Additionally BPD exists on a spectrum meaning some of your behaviors, thoughts, and feelings are not as intense while others are. If you find it helpful circle the intensity or severity (impact) this has on your life.

- Frantic efforts to avoid real or imagined abandonment.**

Mild Moderate Severe Extreme

- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation**

Mild Moderate Severe Extreme

- Identity disturbance: markedly and persistently unstable self-image or sense of self.**

Mild Moderate Severe Extreme

- Impulsivity in at least two areas that are potentially self-damaging (for example, spending, sex, substance abuse, reckless driving, binge eating).**

Mild Moderate Severe Extreme

- Recurrent suicidal behavior, gestures, or threats, or self mutilating behavior.**

Mild Moderate Severe Extreme

- Affective instability due to a marked reactivity of mood (for example, intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days).**

Mild Moderate Severe Extreme

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Chronic feelings of emptiness.

Mild

Moderate

Severe

Extreme

Inappropriate, intense anger or difficulty controlling anger (for example, frequent displays of temper, constant anger, recurrent physical fights).

Mild

Moderate

Severe

Extreme

Transient, stress-related paranoid ideation or severe dissociative symptoms.

Mild

Moderate

Severe

Extreme

Total Checked: _____

Reflection:

Why did you rate yourself (mild-extreme) as you did?

In what parts of your life (relationships, family, friends, work, how you see yourself, etc.) do these symptoms cause the greatest problems?

When you look back at your responses to the questions about, what have you learned about BPD?
