

## Borderline Personality Disorder Self-Test

Is it possible that I have symptoms of Borderline Personality Disorder?

<u>Question</u>	<u>Yes</u>	<u>No</u>
1. My relationships are very intense, unstable, and alternate between the extremes of over idealizing and undervaluing people who are important to me.	_____	_____
2. My emotions change very quickly, and I experience intense episodes of sadness, irritability, and anxiety or panic attacks.	_____	_____
3. My level of anger is often inappropriate, intense and difficult to control.	_____	_____
4. Now, or in the past, when upset, I have engaged in recurrent suicidal behaviors, gestures, threats, or self-injurious behavior such as cutting, burning or hitting myself.	_____	_____
5. I have a significant and persistently unstable image or sense of my self, or of who I am or what I truly believe in.	_____	_____
6. I have very suspicious ideas, and am even paranoid (falsely believe that others are plotting to cause me harm) at times; or I experience episodes under stress when I feel that I, other people or the situation is somewhat unreal.	_____	_____
7. I engage in two or more self-damaging acts such as excessive spending, unsafe and inappropriate sexual conduct, substance abuse, reckless driving, and binge eating.	_____	_____
8. I engage in frantic efforts to avoid real or imagined abandonment by people who are close to me.	_____	_____
9. I suffer from chronic feelings of emptiness and boredom.	_____	_____

Although this, or no self-test, is conclusive, if you answered YES to two or more of the above questions, you may be suffering from a Borderline Personality Disorder and should contact an iTherapyRX counselor or another health care professional.