

Borderline Personality Disorder Test

This Borderline Personality Disorder Test (BPD test) can help determine whether you *might* have the symptoms of Borderline Personality Disorder (BPD).

Instructions: Answer "yes" or "no" to the symptoms or behaviours below that you believe accurately describe your condition. Answering "yes" to 5 of the 9 may indicate you have symptoms of Borderline Personality Disorder (BPD). Use the results to decide if you need to see a doctor or other mental health professional to further discuss diagnosis and treatment of Borderline Personality Disorder.

- 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 behaviours, gestures, threats, or self-injurious behaviour such as cutting, burning or hitting myself.
- 5) I have a significant and persistently unstable image or sense of myself, 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.