

BPD Checklist

Patient Information

Name:

Age:

Date of Birth:

Gender:

Contact Information:

Instructions: Please rate the following items on a scale from 1 to 5, where 1 signifies 'not at all' and 5 represents 'extremely.'

Emotional Dysregulation

Rate	
	Intensity and frequency of mood swings
	Ability to manage emotions
	Difficulty tolerating frustration
	Sensitivity to rejection

Impulsivity

Rate	
	Frequency of engaging in risky behaviors
	Ability to manage emotions
	Difficulty planning ahead
	Financial difficulties due to impulsive behaviors

Interpersonal Difficulties

Rate	
	Stability of relationships
	Tendency to idealize and devalue others
	Difficulty maintaining friendships
	Fear of abandonment

Self-Image Disturbances

Rate	
	Distortion in body image
	Frequency of changes in self-perception
	Feelings of emptiness or worthlessness
	Identity confusion

Extra notes: