

BPD Favorite Person Test

Patient Information				
Name:			Age:	
Gender:	Male	Female	Other:	Date of Birth:
Contact Information:				
Instructions				
<p>Please read each statement carefully and indicate the extent to which it applies to your relationship with your favorite person. Use the following scale:</p> <ul style="list-style-type: none"> • 0 = Not at all • 1 = Occasionally • 2 = Often • 3 = Always 				
Favorite Person Relationship				
	0 Not at all	1 Occasionally	2 Often	3 Always
1. I rely on my favorite person for emotional support and validation.				
2. I experience intense fear of abandonment or rejection from my favorite person.				
3. My mood is heavily influenced by the actions and opinions of my favorite person.				
4. I have difficulty setting boundaries with my favorite person.				
5. I often feel overwhelmed by feelings of jealousy or possessiveness towards my favorite person.				

	0 Not at all	1 Occasionally	2 Often	3 Always
6. I struggle to maintain a sense of identity or self outside of my relationship with my favorite person.				
7. I engage in impulsive behaviors to seek attention or approval from my favorite person.				
8. I experience extreme emotional highs and lows in response to interactions with my favorite person.				
9. I have difficulty coping with disagreements or conflicts with my favorite person.				
10. I frequently idealize my favorite person and overlook their flaws or shortcomings.				
Scoring				
Total Score (out of 30):				
Interpretation				
<ul style="list-style-type: none"> • 0-10: Mild reliance on favorite person dynamics. • 11-20: Moderate reliance on favorite person dynamics. • 21-30: Severe reliance on favorite person dynamics. 				
Next Steps				
Based on your score, it's important to discuss the results with your mental health professional. Together, you can explore strategies to promote healthier relationship dynamics and improve emotional well-being.				