

BPD Favorite Person Test

| | | | | |
|---|---|----------------|---|---|
| Patient information | | | | |
| Name: | | Date of birth: | | |
| Gender: | | Age: | | |
| Contact information: | | | | |
| Date of assessment: | | | | |
| 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 | | | | |
| Statements | 0 | 1 | 2 | 3 |
| 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. | | | | |
| 6. I struggle to maintain a sense of identify or self outside of my favorite relationship with my favorite person. | | | | |
| 7. I engage in impulsive behaviors to seek attention or approval from my favorite person. | | | | |

| Statements | 0 | 1 | 2 | 3 |
|---|---|--------------------|---|---|
| 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. | | | | |
| Total score: | | | | |
| Interpretation of scores | | | | |
| <ul style="list-style-type: none"> • 0-10: Mild reliance on favorite person dynamics • 11-20: Moderate reliance of favorite person dynamics • 21-30: Severe reliance on favorite person dynamics | | | | |
| Additional notes | | | | |
| | | | | |
| Healthcare professional information | | | | |
| Name: | | License ID: | | |
| Contact information: | | | | |
| Signature: | | | | |

Disclaimer: This tool is intended for informational and clinical support purposes only. It is not a diagnostic instrument and should not replace a comprehensive psychiatric evaluation.