

Cluster B Personality Disorder Test

Name:			
Age:			
Gender:	Male	Female	Other:
Date of Assessment:			

Disclaimer:

This test is not a substitute for a professional diagnosis. It is designed to offer insight and guide initial documentation for possible areas of further exploration. A licensed psychologist or psychiatrist should be consulted for professional interpretation of the results of this test and for official diagnosis, if applicable.

Instructions:

Please read each statement and select a response option that best describes how often you have experienced the same or similar challenges in the past six months.

Response Options:

- 0 = Never or rarely true
- 1 = Sometimes true
- 2 = Often true
- 3 = Very often or always true

	0	1	2	3
1. I find myself more deserving of special treatment compared to others.				
2. I have been described as dramatic or overly emotional by people around me.				
3. I often engage in risky or dangerous behaviors without considering the consequences.				
4. I struggle to maintain friendships and relationships because others think I'm manipulative.				
5. I've been told that I have a very strong need for admiration.				

	0	1	2	3
6. I react to criticism with anger, shame, or humiliation.				
7. I often feel empty or bored and need to fill that void with activities or the company of others.				
8. I experience mood swings that can change very quickly, from extreme happiness to intense sadness or anger.				
9. Maintaining a stable self-image is challenging for me; sometimes I'm not sure who I truly am.				
10. I have a history of making impulsive decisions that I sometimes regret later on.				
11. I experience intense episodes of anger or difficulty controlling my anger, leading to frequent arguments or physical fights.				
12. I find it difficult to empathize with others or understand what they're feeling.				
13. I often engage in deceit or lying for personal gain or pleasure.				
14. I've made desperate efforts to avoid real or imagined abandonment by people close to me.				
15. I sometimes perform actions or exhibit behaviors deliberately for attention or to be noticed.				
16. I frequently suspect, without sufficient basis, that others are harming or deceiving me.				
17. Relationships in my life are either idealized as perfect or completely devalued as worthless, with no middle ground.				
18. I feel none of the rules apply to me and that I can do what I want without regard for others.				

After completing the test, tally up the scores for each item. High scores in particular clusters of items may suggest features consistent with corresponding Cluster B Personality Disorders. This test should only serve as a preliminary screening tool and not as evidence for a diagnosis.

Assessment Items by Disorder:

The following are items categorized into possible manifestations of Cluster B Personality Disorders. Keep in mind that the presence of these characteristics does not equate to actual diagnosis but is a probable indication of further exploration.

Antisocial Personality Disorder:

- **Item 3:** Engagement in risky behaviors.
- **Item 13:** Deceit and lying.
- **Item 16:** Unjustified suspicion towards others.
- **Item 18:** Disregarding rules or laws.

Borderline Personality Disorder:

- **Item 7:** Feelings of emptiness or boredom.
- **Item 8:** Severe mood swings.
- **Item 9:** Unstable self-image.
- **Item 10:** Impulsivity.
- **Item 11:** Intense anger and difficulty controlling it.
- **Item 14:** Fear of abandonment.
- **Item 17:** Unstable relationships oscillating between idealization and devaluation.

Histrionic Personality Disorder:

- **Item 2:** Dramatic or overly emotional behaviors.
- **Item 6:** Extremely strong reactions to criticism.
- **Item 15:** Attention-seeking behaviors.

Narcissistic Personality Disorder:

- **Item 1:** Belief in being deserving of special treatment.
- **Item 5:** Strong need for admiration.
- **Item 6:** Extreme sensitivity to criticism.
- **Item 12:** Lack of empathy for others.