

# Borderline Personality Disorder (BPD) Self-Assessment

*Place a check next to any statement that sounds like you. The more boxes you check, the more likely you may have BPD. This self-assessment is not a clinical diagnosis but a self-help tool to help you decide when to seek professional care.*

- You have an intense fear of abandonment.
- Your relationships are often unstable.
- You have a poor self-image.
- You're often impulsive.
- You've considered self-harm.
- Your moods change rapidly.
- You feel empty, bored, or lack purpose.
- You sometimes have intense, inappropriate anger.
- You're distrustful of others.
- You feel paranoid or disconnected when stressed.

