Borderline personality disorder symptoms checklist.pdf

Borderline personality disorder (BPD) is a mental health disorder characterized by a chronic pattern of instability and impulsive behavior. People with BPD may have difficulty managing emotions, relationships, and stress. They may experience intense, often painful emotional states and may sometimes act in ways that are self-destructive. The symptoms of BPD can be quite distressing and can interfere with daily life.

The DSM-5, which is the diagnostic manual used by mental health professionals, describes the symptoms of BPD. The checklist below is based on the DSM-5 criteria for BPD. Each symptom is marked by a checkmark (✓) or a cross (✗). A total of at least four checks (including at least one from the A group) are required to be diagnosed with BPD.

A group (17 items) includes:

- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
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B group (3 items) includes:

- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
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C group (2 items) includes:

- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.

D group (1 item) includes:

- A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.

The symptoms of BPD can be difficult to diagnose, as they can overlap with symptoms of other mental health disorders. If you or someone you know is experiencing symptoms of BPD, it is important to seek help from a mental health professional. There are several treatment options available, including medication, psychotherapy, and other forms of support.

If you have any questions or concerns about BPD, please speak with a mental health professional. They can help you understand your symptoms and develop a treatment plan that is right for you.