

BPD Features

**BASED ON: Linehan's Reorganization of DSM-IV
Criteria for Borderline Personality Disorder (BPD)**

INSTRUCTIONS:

Circle the characteristics
listed here that you
identify with.

(1) Emotional Dysregulation

- (A) Depressed
- (B) Anxious
- (C) Irritability
- (D) Problems with Anger

(2) Behavioral Dysregulation

- (A) Extreme and Problematic Impulsivity
 - (1) Reckless Driving
 - (2) Binge Eating
 - (3) Spending Sprees
 - (4) Indiscriminate Sexual Conduct
- (B) Self-Harming Behavior
 - (1) Alcohol and Drug Abuse
 - (2) Self-Mutilation (Burning, Cutting)
 - (3) Suicidality

(3) Cognitive Dysregulation

- (A) Delusion
- (B) Dissociation
- (C) Can include Brief Non-psychotic Depersonalization

(4) Interpersonal Dysregulation

- (A) Fear of Abandonment
- (B) Chaotic Relationships
- (C) Intense and Difficult Relationships

(5) Dysregulation of the Self

- (A) Problems with Identity
- (B) Chronic Feelings of Emptiness

NOTE: In the environment and interpersonal context of the person suffering from BPD we must recognize the effectiveness of these behaviors, and therefore the great difficulty of stopping them and replacing them with other new behaviors.