

Borderline Personality Disorder Subtype Assessment*

Never 0	Rarely 1	Sometimes 2	Often 3	
1. I easily attach to others emotionally.	0	1	2	3
2. I am flirtatious to get the attention of someone else.	0	1	2	3
3. People have a hard time determining what my next move is going to be.	0	1	2	3
4. I tend to act without thinking things through.	0	1	2	3
5. It's hard for me to abide by a commitment without input from someone else.	0	1	2	3
6. I like to find exciting experiences.	0	1	2	3
7. I'm easily annoyed or made angry.	0	1	2	3
8. It's hard for me to make a decision.	0	1	2	3
9. I require someone or something else for financial or emotional support, or some other type of support.	0	1	2	3
10. I have a lot of energy.	0	1	2	3
11. I have a hard time waiting for others.	0	1	2	3
12. I tend to apologize if someone is being aggressive toward me.	0	1	2	3
13. I hold my anger inside until I explode if pressured.	0	1	2	3
14. I'm easily bored.	0	1	2	3
15. I tend not to change my attitude or opinion, especially when there are good reasons to do so.	0	1	2	3
16. I dislike myself intensely.	0	1	2	3
17. I'm likely to physically hurt myself.	0	1	2	3
18. Once I start something I cannot stop.	0	1	2	3
19. I tend to see the worst side of things or believe that the worst will happen.	0	1	2	3
20. I engage in dangerous activities, even if it means I'm likely to get hurt.	0	1	2	3

*Please remember that this is a tool to identify which subtype on the BPD spectrum (see chapter 1 for an explanation of the BPD spectrum) best fits your view and approach to the world. This is a tool to increase your insight into BPD, not to diagnose it.

Scoring Chart

Write in the value you circled for each question below the question number. For example, if you circled 3 for question 1, write a 3 under the block for question 1. Do this for all the questions. Then add up the values to determine your score for each BPD subtype. The subtype (or subtypes) that has the highest value fits you best.

Discouraged subtype	1	5	9	13	17	Total
Impulsive subtype	2	6	10	14	18	Total
Petulant subtype	3	7	11	15	19	Total
Self-destructive subtype	4	8	12	16	20	Total

Circle your BPD subtype, or subtypes, below:

Discouraged

Impulsive

Petulant

Self-destructive

Symptom Expression Rating Form

Symptoms	Intensity None/Mild/Moderate/ Severe/Extreme											
Highly reactive	0	1	2	3	4	5	6	7	8	9	10	
Tend to have intense relationships	0	1	2	3	4	5	6	7	8	9	10	
Lack empathy	0	1	2	3	4	5	6	7	8	9	10	
Quick to intimacy	0	1	2	3	4	5	6	7	8	9	10	
Easily influenced	0	1	2	3	4	5	6	7	8	9	10	
Speech lacks detail	0	1	2	3	4	5	6	7	8	9	10	
Feel a strong sense of emptiness	0	1	2	3	4	5	6	7	8	9	10	
Feel intense anger	0	1	2	3	4	5	6	7	8	9	10	
Feel paranoid when stressed	0	1	2	3	4	5	6	7	8	9	10	
Feel deserving of privileges or special treatment	0	1	2	3	4	5	6	7	8	9	10	
Require constant admiration	0	1	2	3	4	5	6	7	8	9	10	
Take advantage of others for own gain	0	1	2	3	4	5	6	7	8	9	10	
Easily excited and display emotions as they occur	0	1	2	3	4	5	6	7	8	9	10	
Feel abandoned	0	1	2	3	4	5	6	7	8	9	10	
Unsure of who I am	0	1	2	3	4	5	6	7	8	9	10	
Feel intense self-importance	0	1	2	3	4	5	6	7	8	9	10	
Have fantasies of power	0	1	2	3	4	5	6	7	8	9	10	
Impulsive	0	1	2	3	4	5	6	7	8	9	10	
Tend to feel detached when under stress	0	1	2	3	4	5	6	7	8	9	10	
Need to be center of attention	0	1	2	3	4	5	6	7	8	9	10	
See self as totally unique	0	1	2	3	4	5	6	7	8	9	10	
Gain attention via appearance	0	1	2	3	4	5	6	7	8	9	10	
Have superficial emotional expression	0	1	2	3	4	5	6	7	8	9	10	
Inappropriately sexually seductive or provocative	0	1	2	3	4	5	6	7	8	9	10	
Engage in self-harm behavior, threats, or gestures	0	1	2	3	4	5	6	7	8	9	10	

Now that you've rated the intensity of your symptoms, circle those that you rated a 7 or above. These are your primary symptoms, the ones with the greatest impact on you and those around you.

Primary Symptoms

Highly reactive	Tend to have intense relationships	Lack empathy
Quick to intimacy	Easily influenced	Speech lacks detail
Feel a strong sense of emptiness	Feel intense anger	Feel paranoid when stressed
Feel deserving of privileges or special treatment	Require constant admiration	Take advantage of others for own gain
Easily excited and display emotions as they occur	Feel abandoned	Unsure of who I am
Feel intense self-importance	Have fantasies of power	Impulsive
Tend to feel detached when under stress	Need to be center of attention	See self as totally unique
Gain attention via appearance	Have superficial emotional expression	Inappropriately sexually seductive or provocative
Engage in self-harm behavior, threats, or gestures		

Stages of Change Evaluation

For each statement below, write a checkmark in the column (true or false) that reflects how you feel today. There are no right or wrong answers. Please answer all questions to the best of your ability.

Stages of Change Statements	True	False
1. I have issues in my life that I need to work on.		
2. I am making changes in my life.		
3. I don't see any problems with my life right now.		
4. I know I need better resources to help me stop myself from going back to my old, unhealthy behaviors.		
5. I am ready to do things differently.		
6. I need a little help to continue doing things differently.		
7. Everyone else is the problem, not me.		
8. I am working to prevent myself from relapsing back to my old, unhealthy behaviors.		
9. I think it's time to do things differently.		
10. There's really nothing I need to change about me or how I'm living my life.		
11. I want to learn more about how my life would change if I did things differently.		
12. Anyone can talk about change, but I am doing it.		
13. I'm not sure what will cause me to fall back into my old, unhealthy behaviors.		
14. I'm not sure I am ready to do things differently in my life.		
15. I am working to overcome obstacles in order to change my life.		
16. I'm ready to put things in place to make a change.		
17. I am aware of and encourage my new healthy behaviors and seek support when necessary.		
18. I had some success doing things differently but fell back into my old ways of doing things.		

Now score yourself. True answers are 1 point and false answers are 0 points. Write the points for each statement in the scoring sheet below. For example, to determine your precontemplation score you'd total the points for questions 3, 7, and 10.

Precontemplation	3. _____ 7. _____ 10. _____	Total: _____
Contemplation	1. _____ 9. _____ 14. _____	Total: _____
Preparation	5. _____ 11. _____ 16. _____	Total: _____
Action	2. _____ 12. _____ 15. _____	Total: _____
Maintenance	6. _____ 8. _____ 17. _____	Total: _____
Relapse	4. _____ 13. _____ 18. _____	Total: _____

Behaviors

Behaviors are the activities we engage in that are motivated by our beliefs, and your BPD beliefs tend to drive unhealthy reoccurring behaviors. Take some time to identify the behaviors that are responses to the beliefs you have about yourself, others, the past, the present, or the future. The more you do this, the greater your awareness will become.

I believe I am _____, which leads me to (write about your behavior in as much detail as you can)... _____

I believe others are _____, which leads me to (write about your behavior in as much detail as you can)... _____

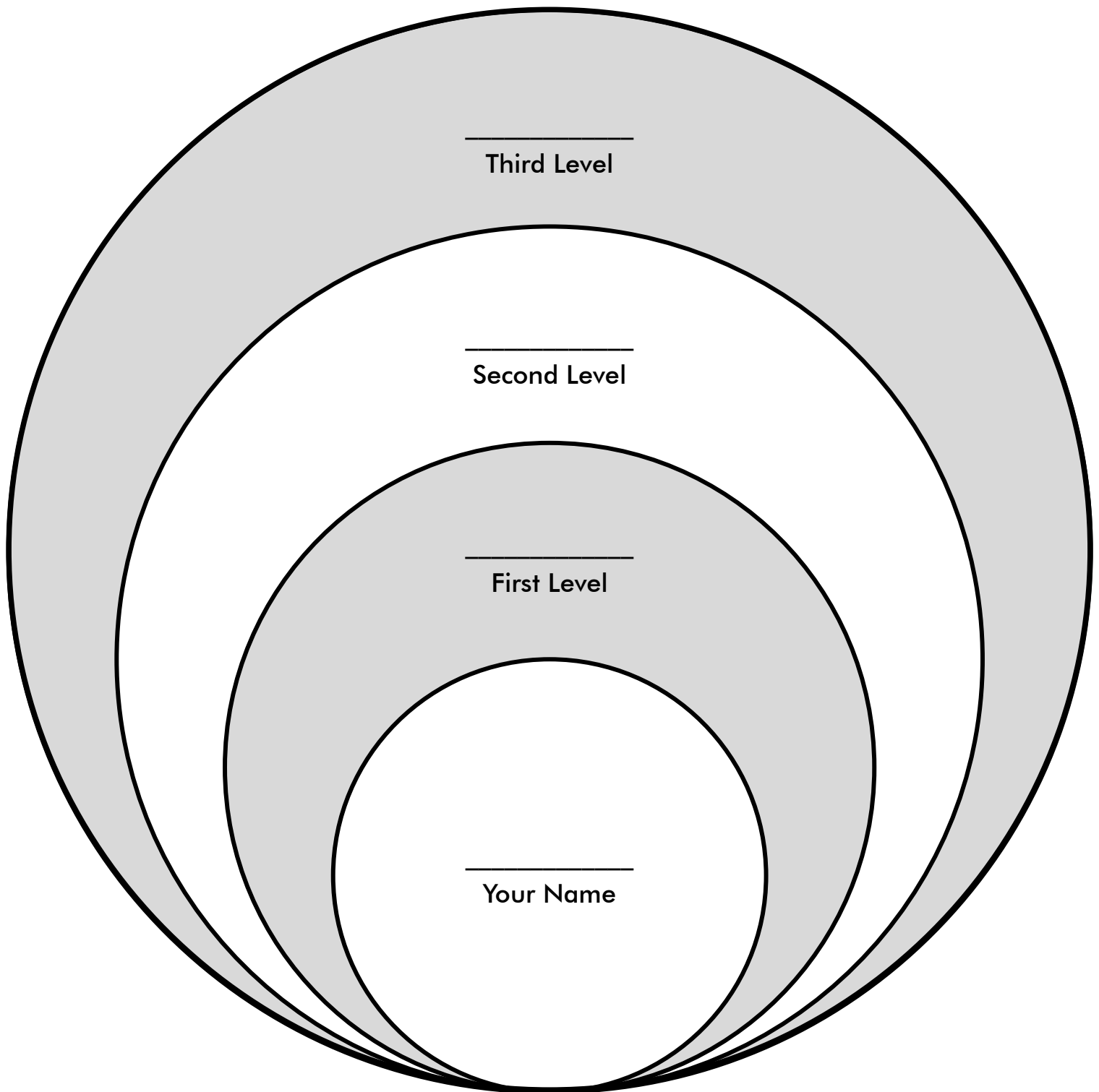
I believe my past is _____, which leads me to (write about your behavior in as much detail as you can)... _____

I believe my present is _____, which leads me to (write about your behavior in as much detail as you can)... _____

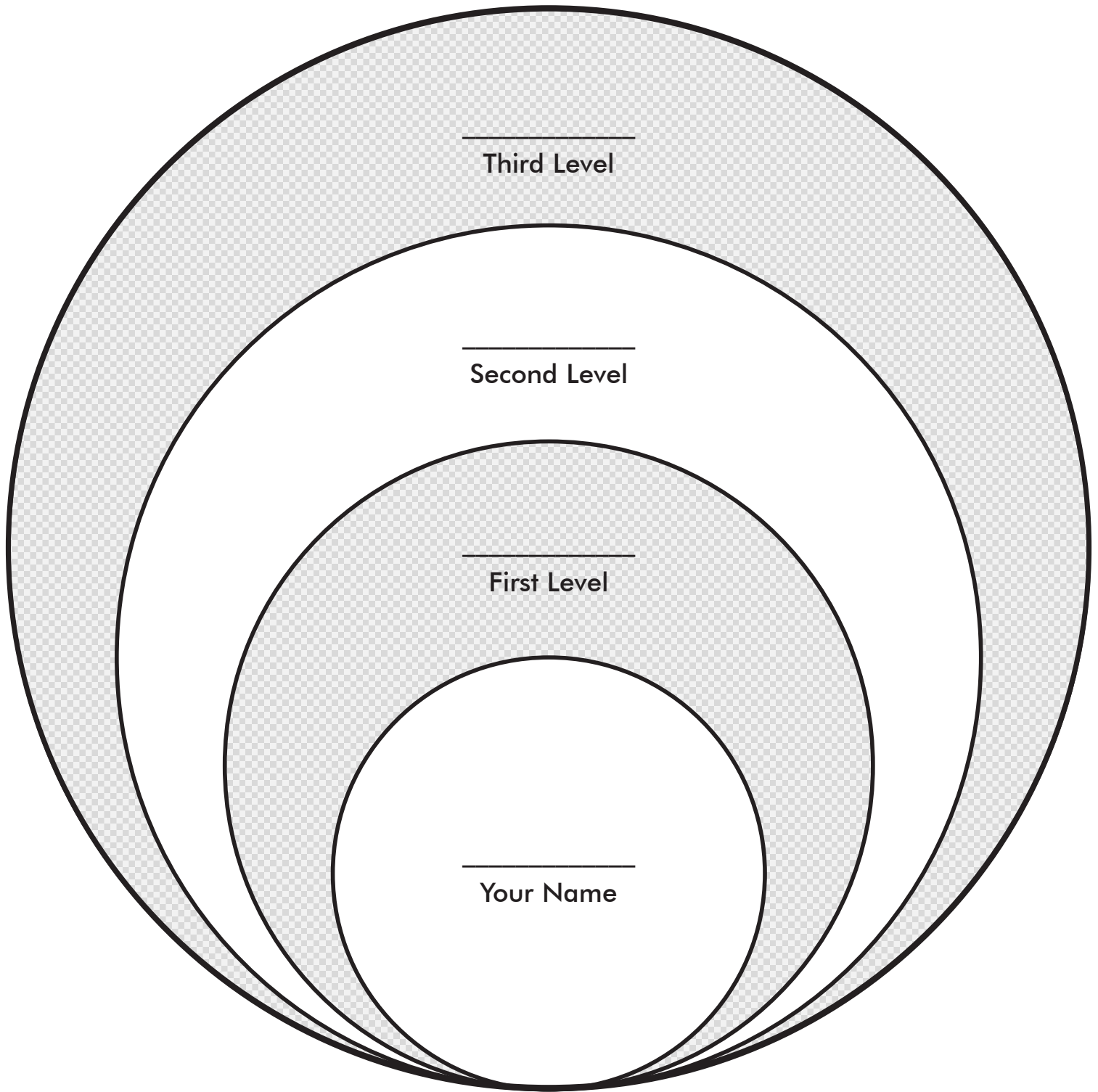
I believe my future is _____, which leads me to (write about your behavior in as much detail as you can)... _____

Doing this exercise can reveal the influence that your beliefs have on your behaviors. When unhealthy beliefs and behaviors come together, they create negative response patterns. These patterns are what cause continual problems, as they tend to be hurtful—both for yourself and those around you.

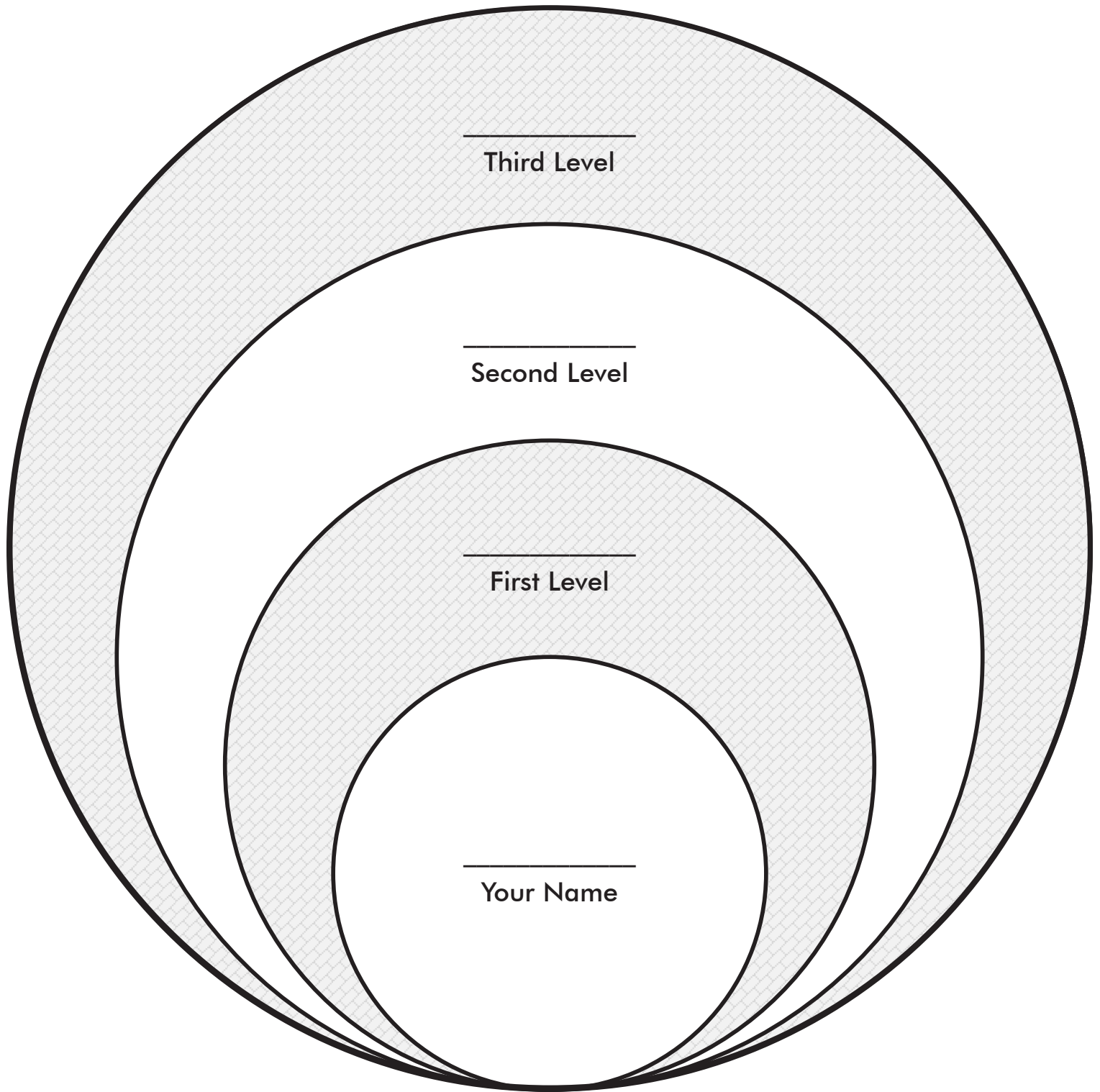
People in My Life



Negative and Unhealthy Relationships



Positive and Healthy Relationships



Alternative Behaviors List

Write a checkmark next to the alternative behaviors that you think might work for you when you find yourself in high-risk situations. There are spaces at the end for you to write in your own.

- ☐ Make a list of things you can do that are healthy, such as take a walk, play with your dog or cat, play a game on your phone, or go to the bathroom to have a moment to catch your breath.
- ☐ Reach out to a safe and positive friend or loved one.
- ☐ Remove yourself from the high-risk situation.
- ☐ Make a list of all the benefits of *not* falling into your negative patterns.
- ☐ Practice a mindfulness exercise (see chapter 8).
- ☐ Practice the “let it out” list (see chapter 8).
- ☐ Make a list of what you’re grateful for and then review it.
- ☐ Treat yourself to a reward for not engaging in your negative patterns. For example, buy yourself a latte or an ice cream cone or go to a movie (something funny and positive that encourages a positive mood).
- ☐ Smell an essential oil, such as lavender, cinnamon, or cedarwood, that helps you refocus and calms you down.
- ☐ Create and play a playlist with motivating or calming music.
- ☐ Smile—it actually reduces the body’s stress response (Kraft and Pressman 2012).
- ☐ Other: _____

- ☐ Other: _____

- ☐ Other: _____

Replacing Behaviors in High-Risk Situations

In this exercise you'll pair some of the high-risk situations you've identified for yourself with alternative behaviors that will help you control your reaction and make adaptive and healthy choices. If it seems like it'd be helpful, review your responses to the preceding exercises. Respond as best you can, and don't edit your responses. There are no wrong answers, nor is there anything to be embarrassed about or ashamed of. This is about your growth, so be honest with yourself—you deserve it.

If I experience the high-risk situation of _____,

I can now use these adaptive and healthy alternative behaviors: _____

If I experience the high-risk situation of _____,

I can now use these adaptive and healthy alternative behaviors: _____

If I experience the high-risk situation of _____,

I can now use these adaptive and healthy alternative behaviors: _____

Learning new skills takes time and patience. I understand that it can be difficult, particularly for individuals with BPD, but replacing negative beliefs, behaviors, and patterns with adaptive and healthy ones is an important part of the growth process. If you can, practice using the alternative behaviors you identified above two to three times a day. If you can't physically do this, then practice them in your mind; this is a great way to build skills too.

Challenging Your Dysfunctional Beliefs

Use this exercise to identify the clear evidence in your life that proves your dysfunctional beliefs are *untrue*. Remember that clear evidence is based on identifiable facts—something that can be proven—rather than guesses or theories.

My dysfunctional belief is that _____,

but it's untrue because _____

My dysfunctional belief is that _____,

but it's untrue because _____

My dysfunctional belief is that _____,

but it's untrue because _____

My dysfunctional belief is that _____,

but it's untrue because _____

Changing Your Dysfunctional Beliefs

Changing beliefs is a process and not a “one and done” activity. It took many years and continual exposure for your dysfunctional beliefs to gain so much power over you and your life. The process to change them involves identifying and empowering your adaptive and healthy beliefs. The first step is identification, so circle the adaptive and healthy beliefs on the list below that speak to you. If you think of one that isn’t listed, just add it to the list.

- I have the power to achieve my goals.
- I deserve to be treated kindly and with care.
- I am good and I have value.
- I work hard to get what I want.
- I am worth respect and love.
- I forgive myself.
- Mistakes are human and acceptable.
- I will be patient with myself.
- I am doing the best I can.
- I define me.
- I respect myself and my choices.
- I’m learning and growing every day.
- My kindness is my strength.
- I choose to support and care for myself.
- I deserve to feel good and happy.
- I can choose my own thoughts and beliefs.
- I accept my flaws, because they help me grow.
- I will exercise self-compassion.
- I deserve to be around those who build me up.
- I trust my abilities.
- I’m more than this BPD!
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Imagery for Empowering Relationship Habits

1. Describe your quiet place to sit and relax.

2. Identify the person (or people) in your scenario or situation.

3. Describe the environment you're in. Are you at home, at the office, in the car, on the street, or somewhere else altogether?

4. Describe the discussion or argument you and this other person (or these other people) are engaged in.

5. Circle the empowering relationship habits you want to use going forward:

Using a calm and collected tone

Statements of compassion

Admitting when you make a mistake

Speaking in specifics

Apologizing

Separating the person from the problem

Using a de-escalation approach

Examining unmet needs that are making you angry

Believing in a solution

Loving yourself outside of the relationship

6. Describe in as much detail as you can how you're going to respond using the empowering habits you chose.

7. Describe the other person's (or people's) response in as much detail as you can.

8. Describe how your body feels having gone through this exercise.

9. Describe how the situation ends in as much detail as you can.

10. Describe how you feel having used and stayed true to the empowering relationship habits.

Identifying Your Core Content

Using the following exercise, try to pinpoint no more than five core content areas, and then use one or two words to sum each up. This will likely be a unique experience for you, so be patient, take a break if you need to, and come back to the exercise when you feel ready. It's perfectly normal for this exercise to take some time to complete.

My early experience: _____

This experience makes me feel (core content): _____

My early experience: _____

This experience makes me feel (core content): _____

My early experience: _____

This experience makes me feel (core content): _____

Mapping Your Core Content Sequence

When my core content areas of _____

are activated, I feel (add emotions) _____.

These emotions drive me to (add beliefs, behaviors, and patterns) _____

The short-term rewards are _____

The long-term consequences are _____

Identifying Your BPD Lens

My BPD lens causes me to see myself as: _____

When I think of (name an important person in your life) _____,

my BPD lens causes me to see and think: _____

When I think of (name a situation) _____,

my BPD causes me to see and think: _____

In the space below, list the people (significant other, family members, boss, coworkers, friends) and situations (standing in line, a staff meeting, disciplining your child) you'd like to work on using this exercise.

[illegible]

You've identified how your BPD lens influences what you see, think, and feel about yourself, others, and situations. This was likely not an easy thing to do, but it was a brave thing to do, and you should give yourself credit for sticking with it.

Your BPD Lens Cycle

Let's examine your BPD lens cycle to help you recognize the perceived short-term rewards you get from it that keep it in place.

If, based on my BPD lens, I see or believe _____

then (beliefs, behaviors, and patterns) _____

The benefit of doing this is that I (BPD lens short-term reward) _____

If, based on my BPD lens, I see or believe _____

then (beliefs, behaviors, and patterns) _____

The benefit of doing this is that I (BPD lens short-term reward) _____

If, based on my BPD lens, I see or believe _____

then (beliefs, behaviors, and patterns) _____

The benefit of doing this is that I (BPD lens short-term reward) _____

Your Authentic View Cycle

To help you identify a calm, collected, and clear state, follow these relaxation steps:

1. Find a quiet, comfortable place to sit or lie down.
2. Take a typical breath, followed by a deep breath. Breathe in slowly through your nose, allowing your chest and lower belly to rise as you fill your lungs. Let your belly fully expand.
3. Slowly breathe out through your mouth or nose—whatever feels natural. Do this a few times, until you feel calm, collected, and clear.

Now just write what comes to mind when you imagine yourself feeling calm, collected, and clear. Don't hold back. If your BPD lens starts to interfere with negative, stressful, and distorting thoughts, images, and beliefs, imagine them on a greasy floor slipping right out the door of your mind. Allow only thoughts that promote calm, collected, and clear thinking to stick around.

After you've written out your authentic view, take a few moments to examine the experience by answering the prompts that follow.

If I'm using my authentic view, then _____

Describe what it was like mentally (thoughts and images), emotionally (feelings), and physically (body sensations, such as a slowed heart rate) when you reached a calm, collected, and clear state.

Describe what you learned about yourself (the power of your authentic view, the strength of your personal control, and so on) having identified your authentic view.

Recognizing Your Identified Others

My early experience: _____

Core content: _____

My identified others: _____

My early experience: _____

Core content: _____

My identified others: _____

My early experience: _____

Core content: _____

My identified others: _____

Uncovering Your Destructive Fears, Beliefs, and Wishes

My identified others: _____

My early experience: _____

This experience led to my core content of _____,

which causes me to *fear* that _____

These fears cause me to *believe* that _____

These beliefs cause me to *wish* that _____

Strengthening Adaptive and Healthy Hopes, Beliefs, and Wishes

Now that you've challenged your destructive fears, beliefs, and wishes, you're ready to identify and embody adaptive and healthy hopes, beliefs, and wishes. These will move you forward; bring you peace, confidence, and clarity; and help you openly and honestly get the love, approval, forgiveness, respect, admiration, and attention you want and deserve. With time and work, you'll be able to replace those old destructive BPD patterns with new adaptive and healthy ones.

The first step in this exercise is to briefly explore an example of positive core content you identified in chapter 15.

My positive core content: _____

My positive core content gives me hope that I can _____

My positive core content causes me to believe that _____

My positive core content causes me to wish that _____

Positive core content is powerful. It can help you replace your destructive fears, beliefs, and wishes with healthy hopes, beliefs, and wishes. Take a few moments to complete the prompts below.

I know my future has hope because _____

I have greater control over my thoughts, feelings, and behaviors when _____

To reach a state of peace, calmness, confidence, and clarity I will _____

I can be kind to myself by _____

I can be kind to others by _____

With my adaptive and healthy hopes, beliefs, and wishes I can _____

Reminding yourself of this positive content routinely can strengthen your confidence in a future full of both short-term and long-term rewards, as well as stability inside yourself and with others.

People, Situations, and Defense Mechanisms Record

I tend to use (defense mechanism) _____

with _____ because _____

I tend to use (defense mechanism) _____

with _____ because _____

I tend to use (defense mechanism) _____

with _____ because _____

I tend to use (defense mechanism) _____

with _____ because _____

Core Content Signals

Use the spaces below to describe how your view of your core content, and your relationship with it, has changed. Be as descriptive as you can, and use this opportunity to reinforce the foundation of understanding you've developed regarding your core content. Write as much as you need to. This is an exercise you should do on a regular basis.

My core content used to make me _____

My core content signals are _____

When I receive signals from my core content, I use these adaptive and healthy beliefs, behaviors, and patterns:

Hopefully answering these questions has offered you greater clarity about your core content, allowing you to embrace it and use it to your advantage. That is personal power and control.

Moves Me Forward or Holds Me Back

Who discourages my adaptive and healthy beliefs, behaviors, and patterns?

What do they do that holds me back?

How can I reduce their impact?

Who supports me in my efforts to change my beliefs, behaviors, and patterns?

What can I do to encourage those who support me?

How can I strengthen their positive influence?
