Thank you for your interest in the Borderline Personality Disorder Inventory (BPD-I).™ This inventory is a clinically-derived, psychodynamically-informed screening tool for borderline personality disorder (BPD). It consists of 25 yes/no items and is scored out of 25. Instructions for scoring and interpretation are provided at the bottom of the inventory. It was developed to address the lack of brief, psychodynamically-informed screening tools for BPD.

The BPD-I™ is intended for use by psychiatrists and psychotherapists to screen for the possible presence of BPD. It is not a diagnostic test and cannot provide definitive diagnosis of BPD. Results should be considered within the context of a comprehensive diagnostic evaluation.

This questionnaire is undergoing empirical validation. Items have been reviewed by a group of mental health professionals from around the world, including psychiatrists, psychoanalysts, clinical psychologists, and psychometricians.

The BPD-I™ is free to use and disseminate, with proper attribution.

BPD-I

Borderline Personality Disorder Inventory™

This inventory is used to screen for the possible presence of borderline personality disorder (BPD). It is not a diagnostic test. Results should be considered within the context of a comprehensive diagnostic evaluation.

Please answer the following questions to the best of your ability.

1. I generally have unstable and tumultuous relationships.	Yes	No
2. My mood depends heavily on my relationships.	Yes	No
3. Sometimes I get so angry, it's hard for me to think in shades of grey.	Yes	No
4. When someone gets too close to me, I act in ways to push them away.	Yes	No
5. I do things to undermine my relationships and myself.	Yes	No
6. I sometimes think of killing myself.	Yes	No
7. I find it very hard to trust other people, especially my partners.	Yes	No
8. I sometimes make desperate attempts to avoid being or feeling abandoned.	Yes	No
9. I have threatened to kill myself in the past without meaning it.	Yes	No
10. I have a hard time soothing and comforting myself.	Yes	No
11. Being alone terrifies me.	Yes	No
12. Sometimes I numb myself with drugs, alcohol, or sex.	Yes	No
13. I have intentionally cut or hurt myself in the past.	Yes	No
14. My sexual fantasies involve themes of power, control, or surrender.	Yes	No
15. I quickly alternate between loving and hating other people.	Yes	No
16. I quickly alternate between loving and hating myself.	Yes	No
17. I can act in risky and impulsive ways.	Yes	No
18. When I am under stress, sometimes I feel paranoid.	Yes	No
19. I don't really know who I am.	Yes	No
20. When I fall in love, I quickly lose sense of who I am outside the relationship.	Yes	No
21. I am always worried that my partners are going to leave me.	Yes	No
22. I quickly adopt the interests of others and assume them as my own.	Yes	No
23. I can be vindictive when I feel hurt.	Yes	No
24. I feel empty on the inside.	Yes	No
25. Sometimes things around me feel foggy, hazy, or unreal.	Yes	No

Scoring and Interpretation. *Each "yes" response is assigned a score of 1; a "no" response is a score of 0. The total possible score is 25. Higher scores may indicate greater likelihood of BPD.*

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