

Summary of your symptoms

Now that you have been through the descriptions, have a look at the following list and tick each symptom that you have noted applies to you, so that you and the people working with you can see it at a glance. As we have noted, people with BPD will

tend to have at least six symptoms to a significant degree, although these may be experienced with different intensity at different times.

Affective instability

Chronic feelings of emptiness

Feelings of intense anger

Paranoid ideas and 'dissociative'
symptoms

Impulsivity

Suicidal behaviour and self-harm

Fear of abandonment

Unstable relationships

Identity disturbance

**Total number of symptoms
experienced**