**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGE\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_**

1. I engage in self-harm (cutting, punching, burning, etc.) when I’m upset and/or think about suicide.

Very Often

Often

Sometimes

Rarely

Never

1. I go to great lengths to get reassurance from people close to me that they won’t abandon me. (E.g, I call someone to hear that they care; I literally beg people not to leave me)

Very Often

Often

Sometimes

Rarely

Never

1. I struggle with anger and tend to act in a sarcastic, irritable manner.

Very Often

Often

Sometimes

Rarely

Never

1. I get extremely upset when a friend is late to meet up with me or cancels plans at the last minute.

Very Often

Often

Sometimes

Rarely

Never

1. I question if I know who I am and what makes me “me.” I’m unsure of my identity and values.

Very Often

Often

Sometimes

Rarely

Never

1. I worry that loved ones — family, friends, and romantic partners — are on the verge of rejecting me.

Very Often

Often

Sometimes

Rarely

Never

1. I struggle with binge eating, impulsive spending, excessive drinking, gambling, risky sexual behaviors, and/or controlling verbal outbursts.

Very Often

Often

Sometimes

Rarely

Never

1. Things around me feel unreal. Sometimes, I feel as if I’m not real.

Very Often

Often

Sometimes

Rarely

Never

1. I find it difficult to trust other people and their intentions.

Very Often

Often

Sometimes

Rarely

Never

1. I fight and argue (and break up) with those closest to me.

Very Often

Often

Sometimes

Rarely

Never

1. I feel chronic “emptiness” and boredom.

Very Often

Often

Sometimes

Rarely

Never

|  |  |
| --- | --- |
| **PERCENTAGE** |  |
| **IMPRESSION** |  |