

Borderline Symptom List 23 (BSL-23)

Code: _____

Date: _____

Please follow these instructions when answering the questionnaire: In the following table you will find a set of difficulties and problems which possibly describe you. Please work through the questionnaire and decide how much you suffered from each problem in the course of the last week. In case you have no feelings at all at the present moment, please answer according to how you *think you might have felt*. Please answer honestly. **All questions refer to the last week. If you felt different ways at different times in the week, give a rating for how things were for you on average.**

Please be sure to answer each question.

In the course of last week...		not at all	a little	rather	much	very strong
ISQ01	1 It was hard for me to concentrate	0	1	2	3	4
ISQ02	2 I felt helpless	0	1	2	3	4
ISQ03	3 I was absent-minded and unable to remember what I was actually doing	0	1	2	3	4
ISQ04	4 I felt disgust	0	1	2	3	4
ISQ05	5 I thought of hurting myself	0	1	2	3	4
ISQ06	6 I didn't trust other people	0	1	2	3	4
ISQ07	7 I didn't believe in my right to live	0	1	2	3	4
ISQ08	8 I was lonely	0	1	2	3	4
ISQ09	9 I experienced stressful inner tension	0	1	2	3	4
ISQ10	10 I had images that I was very much afraid of	0	1	2	3	4
ISQ11	11 I hated myself	0	1	2	3	4
ISQ12	12 I wanted to punish myself	0	1	2	3	4
ISQ13	13 I suffered from shame	0	1	2	3	4
ISQ14	14 My mood rapidly cycled in terms of anxiety, anger, and depression	0	1	2	3	4
ISQ15	15 I suffered from voices and noises from inside or outside my head	0	1	2	3	4
ISQ16	16 Criticism had a devastating effect on me	0	1	2	3	4
ISQ17	17 I felt vulnerable	0	1	2	3	4
ISQ18	18 The idea of death had a certain fascination for me	0	1	2	3	4
ISQ19	19 Everything seemed senseless to me	0	1	2	3	4
ISQ20	20 I was afraid of losing control	0	1	2	3	4
ISQ21	21 I felt disgusted by myself	0	1	2	3	4
ISQ22	22 I felt as if I was far away from myself	0	1	2	3	4
ISQ23	23 I felt worthless	0	1	2	3	4

Now we would like to know in addition the quality of your **overall** personal state in the course of the last week. 0% means **absolutely down**, 100% means **excellent**. Please check the percentage which comes closest.

PSQ24.SQ001

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
(very bad) ←————→ (excellent)										

BSL - Supplement: Items for Assessing Behavior

During the last week.....		Not at all	once	2-3 times	4-6 times	Daily or more often
BEQ25	1 I hurt myself by cutting, burning, strangling, headbanging etc.	0	1	2	3	4
BEQ26	2 I told other people that I was going to kill myself	0	1	2	3	4
BEQ27	3 I tried to commit suicide	0	1	2	3	4
BEQ28	4 I had episodes of binge eating	0	1	2	3	4
BEQ29	5 I induced vomiting	0	1	2	3	4
BEQ30	6 I displayed high-risk behavior by knowingly driving too fast, running around on the roofs of high buildings, balancing on bridges, etc.	0	1	2	3	4
BEQ31	7 I got drunk	0	1	2	3	4
BEQ32	8 I took drugs	0	1	2	3	4
BEQ33	9 I took medication that had not been prescribed or if had been prescribed, I took more than the prescribed dose	0	1	2	3	4
BEQ34	10 I had outbreaks of uncontrolled anger or physically attacked others	0	1	2	3	4
BEQ25	11 I had uncontrollable sexual encounters of which I was later ashamed or which made me angry.	0	1	2	3	4

Please double-check for missing answers

WE THANK YOU VERY MUCH FOR YOUR PARTICIPATION!
PLEASE RETURN THE QUESTIONNAIRE TO YOUR THERAPIST