

MacLean Screening Instrument for BPD

- 1) Have any of your closest relationships been troubled by a lot of arguments or repeated breakups? 1) Yes ____ No ____
- 2) Have you deliberately hurt yourself physically (e.g., punched yourself, cut yourself, burned yourself)? Have you made a suicide attempt? 2) Yes ____ No ____
- 3) Have you had at least two other problems with impulsivity (e.g., eating binges, spending sprees, binge drinking and verbal outbursts)? 3) Yes ____ No ____
- 4) Have you been extremely moody? Do your moods change instantly, are very intense, and then pass by in less than 2 days? 4) Yes ____ No ____
- 5) Have you felt angry a lot of the time? Have you often acted in an angry or sarcastic manner? 5) Yes ____ No ____
- 6) Have you often been distrustful of other people? 6) Yes ____ No ____
- 7) Have you frequently felt unreal or as if things around you were unreal? 7) Yes ____ No ____
- 8) Have you chronically felt empty or bored? 8) Yes ____ No ____
- 9) Have you often felt that you had no idea of who you are or that you have no identity? 9) Yes ____ No ____
- 10) Have you made desperate attempts to avoid feeling abandoned (e.g. repeatedly called someone to reassure yourself that he or she still cared, begged them not to leave, clung to them physically)? 10) Yes ____ No ____
- 11) Do you have black and white thinking? Do you tend to think things are all good or all bad? 11) Yes ____ No ____
- 12) Do you feel you don't deserve to get better? Or do you hate yourself? 12) Yes ____ No ____
- 13) Do you have a black hole inside that can only be filled by the attention of others? 13) Yes ____ No ____