

Evaluation Borderline Symptom List (BSL-95)

22.07.2021

Scale	Mean	Percentile Rank
Self-Perception	1.6	54
Affect Regulation	1.9	34
Self-Destruction	2.3	51
Dysphoria	1.7	5
Loneliness	1.3	41
Hostility	2.5	79
Intrusions	2.2	90
Items only in total score	1.4	
BSL Total Score	1.8	38
Global Well-being	50 %	86

0 not at all, 1 a little, 2 rather, 3 much, 4 very strong

Standardization sample consists out of patients with borderline personality disorder.

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 ...

I felt stressed out	a little
I suffered from insomnia	not at all
I felt like I was not noticed by others	much
I was suffering from massive states of anxiety	much
It was hard for me to concentrate	not at all
I didn't know what to do with myself	rather
I felt helpless	a little
Everything felt tight inside of me	not at all
I was torn apart inside	not at all
I was afraid of making mistakes	a little
I thought nobody could help me	not at all
I was absent-minded and unable to remember what I was actually doing	a little
I rejected other people that I used to like	a little

In the course of last week ...

I looked upon myself as an object, not as a human being	very strong
I felt depressed	rather
I felt paralyzed	very strong
I could hardly talk	not at all
I was longing for death	much
I was envious of other people	not at all
I felt disgust	very strong
I was confident	much
I thought of hurting myself	much
It was difficult for me to perceive my emotions	not at all
There was no one to whom I was really important	a little
I found myself in a certain place and was not able to remember how I got there	not at all
I was calm inside	a little
I didn't trust other people	much
I didn't believe in my right to live	much
I was lonely	a little
I experienced stressful inner tension	not at all
I was afraid of being abandoned by someone close to me	not at all
I had images that I was very much afraid of	very strong
I didn't feel alive	much
I could not bear other people's closeness	much
I hated myself	a little
I experienced parts of my body dissolving	a little
Everyday decisions were difficult for me	not at all
I wanted to punish myself	a little
I felt energetic	not at all
I was angry	rather
I could hardly control my memories	very strong
It was hard for me to be alone	much
I couldn't feel parts of my body	a little
I felt threatened	not at all
I terminated relationships all of a sudden	very strong
I had no idea of who I really was	much
I suffered from shame	rather
I felt isolated from others	much
My mood rapidly cycled in terms of anxiety, anger, and depression	much

In the course of last week ...

I felt insecure	very strong
I felt abandoned	not at all
I felt the presence of someone who was not really there	not at all
I was aggressive	very strong
I felt kind of cut off from myself	not at all
I was happy	much
I found myself in emotional chaos	a little
I was tortured by images	much
I felt empty inside	not at all
I was unable to touch parts of my body	very strong
I was irritated	not at all
It felt as if I was petrified	much
I suffered from suicidal thoughts	very strong
I was well-balanced	very strong
I had difficulties with other people	rather
Nobody realized how I was really feeling	much
I suffered from voices and noises from outside my head	much
I suffered from voices and noises from inside my head	a little
I felt free and easy	not at all
Criticism had a devastating effect on me	very strong
I needed to have someone with me	rather
I felt as if I was standing beside myself	rather
I felt powerful	very strong
I felt vulnerable	a little
The idea of death had a certain fascination for me	rather
I felt deficient	not at all
I had the feeling of being inadequate	rather
I was full of despair	not at all
I suffered from nightmares	much
I was afraid people would see through me	not at all
I felt relaxed	rather
I felt as if I had different people inside of me	rather
I found my body completely unacceptable in its present state	very strong
I was suffering from feelings of guilt	a little
I believed that nobody could understand me	not at all
Everything seemed senseless to me	a little

In the course of last week ...

I felt I had to give in to my bad thoughts	a little
I was afraid of losing control	a little
I felt disgusted by myself	very strong
I was not able to accept other people's help	a little
I felt as if I was far away from myself	very strong
I was overwhelmed by my feelings	much
I felt numb	rather
I felt hopeless	very strong
I felt worthless	not at all
I was content	rather

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.

50 %

(very bad)

(excellent)

BSL - Supplement: Items for Assessing Behavior

During the last week ...

I hurt myself by cutting, burning, strangling, headbanging etc.	once
I told other people that I was going to kill myself	2-3 times
I tried to commit suicide	once
I had episodes of binge eating	Daily or more often
I induced vomiting	2-3 times
I displayed high-risk behavior by knowingly driving too fast, running around on the roofs of high buildings, balancing on bridges, etc.	Daily or more often
I got drunk	4-6 times
I took drugs	4-6 times
I took medication that had not been prescribed or if had been prescribed, I took more than the prescribed dose	Daily or more often
I had outbreaks of uncontrolled anger or physically attacked others	4-6 times
I had uncontrollable sexual encounters of which I was later ashamed or which made me angry.	once