

Scoring Borderline Symptom List (BSL-95)

10.09.2023

Scale	Mean	Percentile Rank
Self-Perception	2.1	72
Affect Regulation	2.2	43
Self-Destruction	1.8	37
Dysphoria	0.7	1
Loneliness	1.5	45
Hostility	2.2	71
Intrusions	1.2	61
Items only in total score	1.0	
BSL Total Score	1.6	28
Global Well-being	70 %	94

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	much
I suffered from insomnia	not at all
I felt like I was not noticed by others	a little
I was suffering from massive states of anxiety	much

In the course of last week ...

It was hard for me to concentrate	not at all
I didn't know what to do with myself	a little
I felt helpless	rather
Everything felt tight inside of me	not at all
I was torn apart inside	not at all
I was afraid of making mistakes	not at all
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	not at all
I looked upon myself as an object, not as a human being	much
I felt depressed	rather
I felt paralyzed	very strong
I could hardly talk	rather
I was longing for death	not at all
I was envious of other people	not at all
I felt disgust	not at all
I was confident	much
I thought of hurting myself	a little
It was difficult for me to perceive my emotions	much
There was no one to whom I was really important	not at all
I found myself in a certain place and was not able to remember how I got there	a little
I was calm inside	very strong
I didn't trust other people	not at all
I didn't believe in my right to live	a little
I was lonely	a little
I experienced stressful inner tension	very strong
I was afraid of being abandoned by someone close to me	much
I had images that I was very much afraid of	not at all
I didn't feel alive	very strong
I could not bear other people's closeness	a little
I hated myself	much
I experienced parts of my body dissolving	not at all
Everyday decisions were difficult for me	rather
I wanted to punish myself	much
I felt energetic	a little

In the course of last week ...

I was angry	not at all
I could hardly control my memories	a little
It was hard for me to be alone	very strong
I couldn't feel parts of my body	not at all
I felt threatened	rather
I terminated relationships all of a sudden	much
I had no idea of who I really was	very strong
I suffered from shame	much
I felt isolated from others	rather
My mood rapidly cycled in terms of anxiety, anger, and depression	rather
I felt insecure	not at all
I felt abandoned	very strong
I felt the presence of someone who was not really there	very strong
I was aggressive	very strong
I felt kind of cut off from myself	very strong
I was happy	very strong
I found myself in emotional chaos	much
I was tortured by images	not at all
I felt empty inside	not at all
I was unable to touch parts of my body	a little
I was irritated	much
It felt as if I was petrified	a little
I suffered from suicidal thoughts	very strong
I was well-balanced	much
I had difficulties with other people	much
Nobody realized how I was really feeling	very strong
I suffered from voices and noises from outside my head	not at all
I suffered from voices and noises from inside my head	not at all
I felt free and easy	much
Criticism had a devastating effect on me	a little
I needed to have someone with me	very strong
I felt as if I was standing beside myself	much
I felt powerful	very strong
I felt vulnerable	not at all
The idea of death had a certain fascination for me	very strong

In the course of last week ...

I felt deficient	much
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	very strong
I felt relaxed	very strong
I felt as if I had different people inside of me	a little
I found my body completely unacceptable in its present state	a little
I was suffering from feelings of guilt	a little
I believed that nobody could understand me	not at all
Everything seemed senseless to me	not at all
I felt I had to give in to my bad thoughts	not at all
I was afraid of losing control	very strong
I felt disgusted by myself	a little
I was not able to accept other people's help	rather
I felt as if I was far away from myself	a little
I was overwhelmed by my feelings	much
I felt numb	rather
I felt hopeless	not at all
I felt worthless	not at all
I was content	much

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.

70 %

(very bad)

(excellent)

BSL - Supplement: Items for Assessing Behavior

During the last week ...

I hurt myself by cutting, burning, strangling, headbanging etc.	4-6 times
I told other people that I was going to kill myself	Not at all
I tried to commit suicide	Not at all
I had episodes of binge eating	once
I induced vomiting	once

During the last week ...

I displayed high-risk behavior by knowingly driving too fast, running around on the roofs of high buildings, balancing on bridges, etc.	4-6 times
I got drunk	2-3 times
I took drugs	Daily or more often
I took medication that had not been prescribed or if had been prescribed, I took more than the prescribed dose	4-6 times
I had outbreaks of uncontrolled anger or physically attacked others	2-3 times
I had uncontrollable sexual encounters of which I was later ashamed or which made me angry.	4-6 times