

# Borderline Symptom List 23 (BSL-23)

## In the course of last week...

1) It was hard for me to concentrate

- Not at all
- A little
- Rather
- Much
- Very strong

## In the course of last week...

2) I felt helpless

- Not at all
- A little
- Rather
- Much
- Very strong

## In the course of last week...

3) I was absent-minded and unable to remember what I was actually doing

- Not at all
- A little
- Rather
- Much
- Very strong

## In the course of last week...

4) I felt disgust

- Not at all
- A little
- Rather
- Much
- Very strong

## In the course of last week...

5) I thought of hurting myself

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

6) I didn't trust other people

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

7) I didn't believe in my right to live

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

8) I was lonely

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

9) I experienced stressful inner tension

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

10) I had images that I was very much afraid of

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

11) I hated myself

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

12) I wanted to punish myself

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

13) I suffered from shame

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

14) My mood rapidly cycled in terms of anxiety, anger, and depression

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

15) I suffered from voices and noises from inside or outside my head

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

16) Criticism had a devastating effect on me

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

17) I felt vulnerable

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

18) The idea of death had a certain fascination for me

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

19) Everything seemed senseless to me

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

20) I was afraid of losing control

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

21) I felt disgusted by myself

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

22) I felt as if I was far away from myself

- Not at all
- A little
- Rather
- Much
- Very strong

**In the course of last week...**

23) I felt worthless

- Not at all
- A little
- Rather
- Much
- Very strong

24) 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.

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

**During the last week...**

25) I hurt myself by cutting, burning, strangling, headbanging etc.

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

26) I told other people that I was going to kill myself

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

27) I tried to commit suicide

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

28) I had episodes of binge eating

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

29) I induced vomiting

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

30) I displayed high-risk behavior by knowingly driving too fast, running around on the roofs of high buildings, balancing on bridges, etc.

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

31) I got drunk

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

32) I took drugs

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

33) I took medication that had not been prescribed or if had been prescribed, I took more than the prescribed dose

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

34) I had outbreaks of uncontrolled anger or physically attacked others

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often

**During the last week...**

35) I had uncontrollable sexual encounters of which I was later ashamed or which made me angry.

- Not at all
- Once
- 2-3 times
- 4-6 times
- Daily or more often