

Rank Order of BPD Intrusion

Put a 1 next to the BPD issue that causes you the greatest problem in your life, then the second most intrusive, and so on. If an issue does not relate, don't rank it. I put a common statement after each issue to help you. Remember, there are no wrong rankings or answers.

	Emptiness – “I feel empty inside”
	Intense anger and difficulty controlling it – “I get so angry I only see and feel my anger”
	Dissociation – “I lose touch with reality, like I’m outside myself”
	Self-harm – “I do things to hurt myself or end my life”. National suicide hotline: 1-800-273-8255
	Mood instability – “My moods are on a roller coaster that I cannot control”
	Efforts to avoid actual or perceived abandonment – “I’m going to be all alone and it’s only a matter of time until they leave me and I’m not going to let it happen”.
	Love and hate relationships – “I love them but then I hate them, only to love them again, but then hate them again.”
	Unstable sense of self – “I don’t know who I am or where I’m going.”
	Self-destructive behaviors – “I gamble, sleep around, spend money, get high, and binge without any consideration to its impact on me or those in my life.”

Rank #1 is driven by: _____

Rank #2 is driven by: _____

Rank #3 is driven by: _____
