Instructions: Answer "Yes" or "No" to the symptoms or behaviors below that you believe accurately describe your condition.

1. My relationships are very intense, unstable, and alternate between the extremes of over idealizing and undervaluing people who are important to me.

True

False

2. My emotions change very quickly, and I experience intense episodes of sadness, irritability, and anxiety or panic attacks.

True

False

3. My level of anger is often inappropriate, intense and difficult to control.

True

False

4. Now, or in the past, when upset, I have engaged in recurrent suicidal behaviors, gestures, threats, or self-injurious behavior such as cutting, burning or hitting myself.

True

False

5. I have a significant and persistently unstable image or sense of my self, or of who I am or what I truly believe in.

True

False

6. I have very suspicious ideas, and am even paranoid (falsely believe that others are plotting to cause me harm) at times; or I experience episodes under stress when I feel that I, other people or the situation is somewhat unreal.

True

False

7. I engage in two or more self-damaging acts such as excessive spending, unsafe and inappropriate sexual conduct, substance abuse, reckless driving, and binge eating.

True

False

8. I engage in frantic efforts to avoid real or imagined abandonment by people who are close to me.

True

False

9. I suffer from chronic feelings of emptiness and boredom.

True

False

If you answered “True” to the majority (5 or more) of these questions, it is likely that you have some form of Emotion Regulation Disorder.