



Borderline Personality Disorder Symptom Checklist



Track BPD symptoms with this table. Check off symptoms and add notes.

Instructions

Use this checklist to monitor Borderline Personality Disorder (BPD) symptoms. Mark the checkbox if a symptom is observed, note details (e.g., frequency, intensity), and record the date. Based on DSM-5 criteria, these symptoms may indicate BPD; consult a mental health professional for diagnosis. Print this PDF or use a digital editor to track progress. Share with a therapist if symptoms persist.

Symptom	Check	Notes (e.g., Frequency)	Date
Common Symptoms (DSM-5)			
<ul style="list-style-type: none">• Fear of abandonment (e.g., efforts to avoid rejection)• Unstable relationships (e.g., idealization/devaluation)• Unstable self-image (e.g., shifting identity)• Impulsivity (e.g., reckless spending, substance use)• Self-harm or suicidal behavior/threats• Mood swings (e.g., euphoria to despair)• Chronic emptiness• Intense or uncontrolled anger• Paranoia or dissociation under stress			
Additional Observations			
<ul style="list-style-type: none">• Other behaviors or notes			

