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Borderline Personality Disorder BPD Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.
- Assess current safety, suicidal and homicidal thoughts, self-harm, intoxication or withdrawal, violence, exploitation, psychosis, mania, medical instability, and ability to meet basic needs when relevant. Use local emergency or crisis procedures for imminent risk.
- Activities involving exposure, trauma detail, urges, means, disclosure, or relationship repair require appropriate competence, informed consent, pacing, and safety planning; a worksheet is not a substitute for these safeguards.

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Self-Assessment

The following are common signs you might be struggling with Borderline Personality Disorder. Rate each statement on a scale from 1-5 (1 being “strongly disagree” and 5 being “strongly agree”):

Statement	Rate (1-5)
1. “I often feel panicked or terrified that the people I care about will leave me, even at the slightest hint of separation or change in plans.”	1-2-3-4-5
2. “My relationships can go from idealizing someone intensely to thinking they don't care at all about me.”	1-2-3-4-5
3. “Sometimes, I'm not sure who I am. My view of myself can change drastically, from feeling successful and well-liked to feeling like I am a complete failure.”	1-2-3-4-5
4. “I often do things on impulse that can have harmful consequences, like spending sprees, unsafe sex, substance abuse, reckless driving, or binge eating, especially when I'm upset.”	1-2-3-4-5
5. “When I feel emotional pain or distress, I sometimes harm myself or think about suicide. It's a way to release or feel control over my pain.”	1-2-3-4-5
6. “My emotions can change very quickly and intensely. I can feel fine one moment and then suddenly become extremely sad, angry, or anxious.”	1-2-3-4-5
7. “Often, I feel empty inside, like there's a void that I can't fill, no matter what I do.”	1-2-3-4-5
8. “I struggle to control my anger. Small things can trigger intense anger or aggression in me, and sometimes, I worry about losing control.”	1-2-3-4-5

9. "There are times when I feel paranoid or lose touch with reality. I might feel foggy, spaced out, or suspicious of people's motives towards me."	1-2-3-4-5
10. "Even though I want to trust people, I find it hard. I'm often suspicious of their intentions and fear they'll use me or betray me."	1-2-3-4-5

Score: ____/50

The score reflects the severity and impact of BPD.

- What statements resonated with you more than the others?

- Which of the identified patterns or habits from the list do you feel most interested in working on changing?

BPD Symptom Tracker

- For each day of the week, rate the intensity of each symptom on a scale of 0 (not present) to 10 (extremely intense). Note any specific events or thoughts that seemed to trigger these symptoms.

Day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Fear of Abandonment							
Unstable Relationships							
Unclear Self-Image							
Impulsive Behaviors							
Self-Harm							
Emotional Swings							
Chronic Emptiness							
Explosive Anger							
Paranoid Thoughts/ Disassociation							

Identified Triggers

- Did you notice any patterns in your symptoms or triggers throughout the week?

- Which symptom was the most challenging for you this week? Why?

- List any coping strategies you used this week. How effective were they?

- Based on your observations, what are your goals for managing your symptoms next week?

Understanding Triggers

1. Identifying Triggers

- Think about recent instances when you experienced intense emotions or engaged in behaviors you now find distressing. List those instances below, focusing on what happened just before you felt a shift in your mood or behavior.

Situation	Trigger	Emotional Response	Behavioral Response
<i>e.g., Argument with a friend</i>	<i>Discussion about commitment</i>	<i>Felt abandoned, panicked</i>	<i>Impulsive spending</i>

2. Categorizing Triggers

- Review the triggers you've listed and categorize them into broader themes such as rejection, abandonment, criticism, failure, or other personal themes that resonate with your experiences.

Trigger Theme	Specific Triggers
<i>e.g., Abandonment</i>	<i>Arguments, cancelled plans, lack of responses to messages</i>

3. Analyzing Patterns

- What are the most common themes among your triggers?

- Do you notice any physical sensations that accompany these emotional responses (e.g., heart racing, tightness in chest)?

- Which triggers tend to provoke the most intense emotional or behavioral responses?

4. Developing Awareness

- For each common theme or specific trigger, brainstorm ways you can increase your awareness in the moment. This might include mindfulness techniques, setting reminders on your phone to check in with yourself, or using wearable tech to monitor stress levels.

Trigger Theme	Awareness Techniques
<i>e.g., Abandonment</i>	<i>Mindful breathing when feeling panicked, daily self-check-ins</i>

Emotional Regulation

1. Identifying Emotions

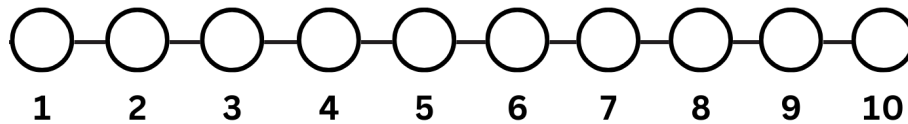
- Think about a recent situation where you experienced intense emotions. Describe the situation and identify the emotions you felt.

Situation Description: _____

Emotions Felt: _____

2. Understanding Your Emotion

- On a scale of 1 to 10, rate the intensity of the emotion(s).



- Describe any physical sensations you associate with these emotions (e.g., tightness in chest, sweating).

- Note the thoughts that went through your mind when you first felt the emotion.

3. Applying Emotional Regulation Techniques

Choose at least one technique from each category to apply to the situation described above as well as any future situations. Rate the effectiveness on a scale of 1 to 10:

Technique	Effectiveness
Deep Breathing - Find a comfortable position. - Close your eyes and take a slow, deep breath in through your nose. - Hold your breath for a moment. - Exhale slowly through your mouth. - Repeat several times.	
Progressive Muscle Relaxation - Start by tensing the muscles in your feet and hold for a count of 10. - Relax your feet and notice the tension release. - Gradually work your way up the body, tensing and relaxing muscle groups.	
Mindfulness Meditation - Sit in a comfortable position and close your eyes. - Focus on your breath, observing each inhale and exhale without judgment. - When your mind wanders, gently bring your focus back to your breath.	
1. 5-4-3-2-1 Technique - Identify 5 things you can see around you. - Identify 4 things you can touch or feel (the texture of your clothes, the surface of a table). - Identify 3 things you can hear (traffic noise, birds chirping, the hum of a refrigerator). - Identify 2 things you can smell (if you can't immediately smell anything, think of your two favorite smells). - Identify 1 thing you can taste (the aftertaste of a meal, gum, or just the inside of your mouth).	

Object Focus - Pick up an object nearby (a pen, a paperweight, a piece of jewelry). - Focus all your attention on this object: its texture, weight, color, temperature. - Notice any patterns, imperfections, and how it feels in your hand. - Allow yourself to be fully absorbed in the moment, examining the object.	
The Alphabet Game - Pick a category (such as fruits, animals, countries). - Starting with the letter A, name an item from your chosen category that starts with that letter, then move to B, and so on. - Focus solely on this task, attempting to go through the entire alphabet.	
Positive Affirmations - Write down a list of positive affirmations that resonate with you. - Repeat these affirmations to yourself, especially during times of stress or self-doubt. - Focus on feeling the truth of these affirmations as you say them.	
Physical Exercise - Choose an activity you enjoy, such as walking, running, or yoga. - Engage in this activity regularly, paying attention to how your body feels. - Notice how exercise can help release pent-up energy and stress.	

Challenge Negative Thoughts

1. Identifying Negative Thoughts

- Think about a recent situation that triggered strong negative emotions. Describe the situation briefly and list the negative thoughts that arose. (e.g., "My feelings are too intense to handle," or, "I don't deserve happiness.")

2. Challenging Negative Thoughts

Challenge the validity and impact of each negative thought listed.

Example:

- **Negative Thought:** "Nobody cares about me."

- **Evidence Supporting This Thought:** "My friend didn't return my call yesterday."

- **Evidence Against This Thought:** "My friend was busy but called me back today to apologize and ask how I am. Other friends and family have shown their care in different ways."

- **More Balanced Thought:** "While sometimes people might not respond the way I hope, it doesn't mean they don't care. People show care in various ways, and there are people in my life who do care about me."

Negative Thought	Evidence for	Evidence Against	More Balanced Thought

4. Action Plan

- For each reframed positive thought, identify one action you can take to reinforce this new perspective in your daily life.

Example:

- Reframed Positive Thought: *"People show their care in different ways. I am valued and loved by those around me, even if it's not always in the way I expect."*

- Action to Reinforce Thought: *"I will keep a gratitude journal where I note down acts of kindness and care from others, helping me to remember and appreciate them."*

Reframed Positive Thought	Action to Reinforce Thought

Positive Affirmations

Positive affirmations are positive phrases or statements used to challenge negative or unhelpful thoughts. The practice of repeating these affirmations can promote positive thinking and self-empowerment.

1. Identifying Negative Self-Talk

- Reflect on your common negative thoughts or critical self-talk. List them in the space provided.

- *Example: "I am not good enough."*

2. Crafting Positive Affirmations

- For each negative thought listed above, create a positive affirmation that directly counters or reframes that thought.

- *Positive Affirmation: "I am worthy and capable in my own unique way."*

3. Implementing Your Affirmations

- Think about how you can incorporate these affirmations into your daily routine. Suggestions include setting reminders on your phone, posting them where you'll see them regularly, or incorporating them into meditation or journaling.

- *Example: Write affirmations on sticky notes and place them on the bathroom mirror.*

4. Reflecting on Affirmations

- After using your affirmations for some time, reflect on the impact they've had on your thoughts and feelings.

Communication Skills Builder

1. Self-Reflection on Communication Patterns

- List your communication strengths. (Example: empathetic listener, clearly expressing feelings)

- List the communication challenges you face. (Example: becoming defensive, difficulty expressing needs)

2. The "I Feel" Statement Practice

Objective: Learn to express your feelings and needs clearly and directly.

- Write down a recent situation where you felt uncomfortable or wished you had communicated differently. Transform your thoughts about this situation into "I feel" statements. Practice saying these statements out loud in a calm and clear manner.

Example:

- *Before: "You never listen to me."*

- *After: "I feel ignored when I talk and it seems like my words aren't considered."*

- Before: _____

After: _____

3. Role-Playing Scenarios

Think of a specific situation where you anticipate or fear conflict, misunderstanding, or emotional difficulty. This could be a conversation about boundaries with a friend, asking for support from a family member, or expressing your needs to a partner. Briefly outline how you imagine the conversation might go. Note the key points you want to make and any responses you anticipate from the other person.

- Scenario:

- Script:

4. The No-Go Challenge

Objective: Build comfort and confidence in saying "no" without feeling guilty.

- For one week, practice saying "no" to requests or invitations that you typically would agree to out of obligation, not desire.
- Reflect on each experience. Note how you felt before, during, and after saying "no." Identify any patterns or insights about your feelings and the responses you received.

5. The Reflection Technique

Objective: Develop empathy and understanding in communication, which supports assertiveness.

- In conversations, practice reflecting or paraphrasing what the other person has said before you respond. For example, "So what I'm hearing is that you feel overwhelmed with your current workload."
- This technique ensures you understand the other person's perspective and demonstrates active listening, creating a more conducive environment for assertive exchange.

Conflict Resolution

1. Understanding Your Conflict Style

- Reflect on how you typically respond to conflict. Below are common conflict styles. Identify which one(s) you most often use.

- **Avoidant:** Stepping back or withdrawing from conflict.
- **Accommodating:** Yielding to others' needs while ignoring your own.
- **Competitive:** Pursuing your own needs or agenda at the expense of others.
- **Compromising:** Finding a middle ground but possibly not fully satisfying anyone's needs.
- **Collaborative:** Working together to find a solution that fully satisfies everyone's needs.

2. Identifying Conflict Triggers

- Think about recent conflicts and identify what triggered them. Consider specific situations, words, actions, or emotions that initiated the conflict.

Conflict Situation	Trigger
<i>Argument over perceived abandonment during a partner's weekend trip with friends.</i>	<i>The partner announcing plans to spend the weekend away, which triggers fears of abandonment and rejection.</i>

Conflict Situation	Trigger

3. Reflecting on Conflict Impact

- For each conflict situation listed, reflect on how the conflict impacted you and the other person involved.

Conflict Situation	Impact on You	Impact on Other Person(s)
<i>Argument over perceived abandonment during a partner's weekend trip with friends.</i>	<i>Intense anxiety, fear of being left alone, and acting out through expressing anger.</i>	<i>Confusion, feeling unfairly accused and controlled, and withdrawing from the conflict.</i>

4. Healthy Conflict Resolution Strategies

- Review the strategies below for resolving conflicts. Reflect on which strategies you could apply to the conflicts you've listed.

- **Active Listening:** Ensure you understand the other person's perspective before responding.
- **Use "I" Statements:** Express your feelings and needs without blaming the other person (e.g., "I feel upset when...").
- **Seek to Understand:** Show genuine curiosity about the other person's viewpoint.
- **Find Common Ground:** Identify shared goals or values as a basis for agreement.
- **Brainstorm Solutions Together:** Collaboratively look for solutions that meet both parties' needs.
- **Agree to Disagree:** Recognize that it's okay not to agree on everything and that respect for each other's views is paramount.

5. Planning for Future Conflicts

- Based on what you've learned, outline steps you can take to handle future conflicts more healthily.

- **Early Detection:** How can you recognize early signs of conflict and address them proactively?

- **Preparation:** What can you do to prepare for a difficult conversation (e.g., scripting, deep breathing)?

- **Self-care Post-Conflict:** How will you take care of yourself after a conflict to process and recover?

Emotional Permanence

Emotional permanence refers to the ability to maintain an emotional connection to others and understand that feelings towards someone can remain constant, even when they are not physically present or during moments of conflict.

1. Reflect on Your Feelings: Think about a recent time when you felt disconnected or doubted someone's feelings towards you when they were not around. Describe the situation and how you felt.

2. Identify Triggers: What specific events, words, or actions trigger your feelings of emotional impermanence? List them.

3. Current Coping Strategies: How do you currently cope with these feelings of doubt or disconnection? Are these strategies helpful or harmful in the long run?

4. Memory Lane: Recall and list down three instances where someone's actions demonstrated their care and affection for you, especially at times when you weren't expecting it.

5. Emotional Anchors: Identify objects, photos, messages, or mementos that remind you of the positive aspects of your relationships. Describe why each item is significant.

6. Positive Affirmations: Write down affirmations that reinforce the continuity of others' feelings towards you, even in their absence. Example: "Even when we are apart, the love and respect we have for each other remain strong."

7. Expressing Needs: Outline effective ways you can communicate your need for reassurance in relationships without feeling burdensome.

8. Plan Regular Check-ins: Schedule regular check-ins with loved ones, friends, or partners, especially during times you're apart, to maintain emotional connection and reassurance.

Relationship Evaluation

1. Identifying Key Relationships

- List the significant relationships in your life. This can include family, friends, romantic partners, and close colleagues.

2. Assessing Relationship Health

- For each relationship listed, use the following chart to evaluate its health and impact on your well-being.

Relationship	
Positive Aspects	
Challenges	
Emotional Impact	
Desired Changes	

3. Understanding Your Role

- Reflect on your role within these relationships. Consider your communication style, boundaries, and response to conflict.

Relationship: _____

- How do I typically communicate my needs and feelings in these relationships?

- What boundaries have I set, and how effectively do I maintain them?

- How do I react to conflict or disagreement? Do I tend to escalate, withdraw, or seek compromise?

4. Recognizing Patterns

- Based on your evaluations, what healthy behaviors or dynamics are present in multiple relationships?

- Are there recurring issues or challenges that you face in multiple relationships?

5. Setting Goals for Improvement

- For each relationship, set specific goals to address challenges and strengthen the connection.

Examples of goals: Enhance communication, increase quality time, resolve conflicts healthily, rekindle romance, build trust, support each other's goals,

Examples of strategies:

- Schedule regular check-ins to discuss each other's day, feelings, and any concerns without distractions.
- Plan weekly date nights and alternate who chooses the activity to ensure both interests are represented.
- Use "I feel" statements during conflicts and take a brief time-out if emotions escalate, to prevent saying things in anger.
- Surprise each other with small gestures of affection, like leaving love notes or planning unexpected outings.
- Practice transparency by sharing thoughts, feelings, and daily experiences openly.

Relationship	Goals for Improvement	Strategies

Self-Image and Identity

1. Reflecting on Your Self-Image

- Reflect on how you currently see yourself. Consider your beliefs, feelings, and attitudes towards yourself.

- **Positive Self-Image:** List aspects of yourself that you view positively.

- **Negative Self-Image:** List aspects of yourself that you view negatively or are critical of.

- Identify external factors or experiences that significantly influence your self-image, both positively and negatively.

2. Understanding Your Identity

- **Core Values:** List the values that are most important to you.

Examples:

Acceptance, Adventure, Authenticity, Balance, Bravery, Charity, Commitment, Compassion, Confidence, Creativity, Determination, Discipline, Diversity, Empathy, Excellence, Fairness, Faith, Family, Freedom, Friendship, Gratitude, Growth, Happiness, Harmony, Honesty, Honor, Humility, Independence, Integrity, Intelligence, Joy, Justice, Kindness, Knowledge, Leadership, Love, Loyalty, Mindfulness, Optimism, Patience, Peace, Perseverance, Respect, Responsibility, Security, Self-discipline, Self-respect, Service, Simplicity, Wisdom.

- **Interests and Passions:** List activities, hobbies, or topics you are passionate about or interested in.

- **Roles in Life:** Identify the roles you occupy (e.g., parent, friend, artist) and what they mean to you.

- **Achievements:** Reflect on your life and write down achievements that you're proud of. These can be big or small, recent or from the past, and in any area of life.

- **Strengths:** Think about personal qualities or skills that have helped you in various aspects of life. These can be character traits, talents, or learned skills.

3. Strengthening Self-Image and Identity

- Identify specific negative beliefs about yourself and counter them with evidence or positive affirmations.

Example:

Negative Belief: "I am unlovable."

Counter-Evidence: I have friends and family who reach out to me and show concern for my well-being.

Positive Affirmation: "I am worthy of love and give and receive it freely. My capacity for compassion and understanding makes me lovable."

- Plan steps to actively engage in interests or hobbies that reinforce your identity and bring joy.

- Consider how you can positively engage in and find meaning in the various roles you occupy.

4. Setting Goals for Self-Discovery

- Set goals that will help you further explore and solidify your sense of self (e.g., Joining a club or group that aligns with one of your interests).

Impulse Control Plan

1. Identifying Impulsive Behaviors

- List impulsive behaviors you struggle with. Describe situations in which these behaviors are most likely to occur and identify any common triggers.

Examples of impulsive behaviors may include:

- Spending spree
- Substance abuse
- Reckless driving
- Gambling
- Impulsive sexual behavior
- Physical altercations
- Social media oversharing
- Overeating or starving
- Impulsive tattoos or piercings
- Abrupt changes in appearance

Impulsive Behavior	Common Triggers	Impact
<i>e.g., Binge eating</i>	<i>Feelings of loneliness and abandonment.</i>	<i>Negative impact on physical health, feelings of guilt and shame.</i>

Impulsive Behavior	Common Triggers	Impact

2. Coping Mechanisms

- For each impulsive behavior, brainstorm healthy coping mechanisms that could be used as alternatives. Consider techniques that address the underlying emotion or need. Examples of healthy coping mechanisms may include:

- **Deep Breathing:** Practice slow, deep breaths to calm the nervous system.
- **Journaling:** Write down thoughts and feelings to process them more effectively.
- **Progressive Muscle Relaxation:** Tense and then relax muscle groups to reduce physical stress.
- **Exercise:** Engage in physical activity to boost mood and reduce stress.
- **Positive Affirmations:** Use positive statements to challenge and overcome negative thoughts.

- **Creative Expression:** Use art, music, or writing to express emotions creatively.
- **Problem-Solving:** Break down problems into manageable steps and tackle them systematically.
- **Laughter:** Watch or read something humorous to lighten your mood.

Impulsive Behavior	Healthy Coping Mechanisms
<i>e.g., Binge eating</i>	<i>Engage in emotional regulation techniques (e.g., deep breathing, mindfulness)</i>

3. Creating an Impulse Control Plan

- Using the information from the previous sections, create a detailed plan for managing impulses. Include specific steps you will take when feeling the urge to engage in impulsive behavior.

- **Early Warning Signs:** Indicators that you're about to act impulsively.

- **Pause and Reflect:** Techniques for pausing before acting (e.g., deep breathing, counting to 10).

- **Implement Coping Mechanisms:** Choose which coping mechanism(s) you will use.

- **Post-Impulse Reflection:** Plan for reflecting on the situation after the impulse has passed (e.g., journaling, discussing with a therapist).

Stop Self-Harm

1. Understanding Self-Harm

- What feelings or situations lead you to consider self-harm?

- What do you hope to achieve or feel through self-harm?

2. Warning Signs

- Reflect on the early warning signs that indicate you're approaching a moment where self-harm feels like an option.

- Physical signs (e.g., tension, restlessness):

- Emotional signs (e.g., overwhelming sadness, frustration):

- Thought patterns (e.g., self-critical thoughts):

3. Healthy Coping Mechanisms

- List healthy coping mechanisms that could be used instead of self-harm.

Physical activity (e.g., going for a walk, doing yoga)

Creative expression (e.g., drawing, writing)

Engaging tasks (e.g., puzzles, cleaning)

Self-Compassion Breaks

1. Understanding Self-Compassion

Self-compassion consists of three main components:

- **Self-kindness:** Being gentle and understanding with yourself rather than harshly critical.
- **Common Humanity:** Recognizing that suffering and personal failure are part of the shared human experience.
- **Mindfulness:** Observing your thoughts and feelings as they are, without trying to suppress or deny them.

2. Identifying Need for Self-Compassion

- Reflect on situations or moments when you most need compassion. These could be times of high stress, emotional pain, or self-criticism.

- For each situation identified, write a compassionate statement you can say to yourself. This statement should address the three components of self-compassion.

Situation	Self-Compassion Statement
<i>e.g., After an intense argument with a friend where feelings of abandonment were triggered.</i>	<i>"It's okay to feel upset and scared right now. Everyone experiences moments of pain. I'm doing my best, and it's okay to ask for support."</i>

Situation	Self-Compassion Statement

3. Mindfulness Practices

- Mindfulness helps you stay present with your feelings without judgment. List mindfulness practices you can incorporate into your self-compassion breaks. The following are some examples:

- ☐ **Breathing Exercises:** Focus on your breath to center yourself in the present moment.
- ☐ **Body Scan:** Pay attention to each part of your body, noticing any tension and inviting relaxation.
- ☐ **Mindful Observation:** Choose an object and observe it with all your senses, focusing entirely on its qualities.
- ☐ _____
- ☐ _____
- ☐ _____

4. Planning Self-Compassion Breaks

- Plan specific times and activities for your self-compassion breaks. These should be short breaks you can take throughout the day to practice self-compassion and mindfulness.

Time of Day	Activity	Duration
Morning		
Midday		
Evening		

5. Implementing and Reflecting

- What did you notice about your emotional state before and after the self-compassion break?

- Which activities or statements were most effective for you? Why?

- Were there any challenges in taking these breaks? How did you address them?

Crisis Plan Template

1. Recognizing Warning Signs

- List personal warning signs that indicate you might be approaching a crisis. This could include specific thoughts, emotions, behaviors, or physical sensations.

2. Internal Coping Strategies

- Identify strategies that you can implement on your own to cope with distressing symptoms before they escalate into a crisis.

Example: Deep breathing, mindful walking, listening to music, watching a favorite show, journaling, engaging in a hobby, taking a bath.

3. External Support Options

- Outline external support options you can turn to when you feel a crisis developing. Include specific names and contact information where applicable.

Emergency Contact(s)	
Therapist/Counselor Contact Information	
Preferred Medical Facility for Emergencies	
Hotlines	
Family/Friends to Contact	
Support Groups	

4. Making the Environment Safe

- Describe steps you can take to make your environment safe during a crisis.

Examples:

- *Removing or securing harmful objects.*
- *Going to a safe place where you feel comfortable.*
- *Having a trusted person stay with you.*

Therapy Session Prep

1. Reflection on Progress and Challenges

- Reflect on your time since your last therapy session. Identify any progress you've made and challenges you've encountered.

- Progress Made:

- *Example: Successfully used a coping strategy during a stressful situation.*

- Challenges Faced:

- *Example: Struggled with impulsivity in response to feeling rejected.*

2. Current Emotional State

- Assess your current emotional state. Describe your emotions and any contributing factors.

3. Topics for Discussion

- List specific topics, incidents, or questions you want to discuss during your next session.

4. Goals for the Session

- Set clear goals for what you hope to achieve by the end of your therapy session.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: Borderline personality disorder · recognized categorical diagnosis
- ICD-11 CDDR: 6D10 Personality disorder with 6D11.5 borderline pattern qualifier · recognized dimensional diagnosis plus qualifier
- A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- A symptom checklist or self-rating cannot establish diagnosis. Any diagnostic discussion must address clinically significant distress/impairment, required course or duration where applicable, developmental and cultural context, substance/medication and medical causes, comorbidity, exclusions, and reasonable differentials without reproducing copyrighted criteria.

Document-specific corrections

- Use the current formal classification identified for Borderline Personality Disorder BPD; avoid treating the workbook title, a checklist, or a total score as sufficient to establish that diagnosis.
- Where Borderline Personality Disorder BPD discusses symptoms, add the missing diagnostic frame: clinically meaningful distress/impairment, relevant course or duration, exclusions, developmental and cultural context, substance/medication or medical causes, and plausible differentials.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 4, 5, 6, 11, 12]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Revise exposure content on pages [2] to require consent, an objectively safe graded hierarchy, condition-specific response guidance, progress review, and stop/reassessment criteria; never equate flooding with effective exposure.
- Revise trauma/protocol material on pages [46]: distinguish stabilization and reflection from trauma processing, state training/scope requirements, and add dissociation, acute-risk, and destabilization safeguards.
- Clinically review medical or treatment statements on pages [2]; remove prescriptive medication advice, clarify coordination with licensed medical care, and update contraindications or urgent warning signs for the specific topic.
- Replace crisis wording on pages [1, 2, 3, 4, 40, 41, 45, 46] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 4, 5, 6, 11, 12] contain named, implied, or author-created screening/rating content; extracted candidate names include: Self-Assessment . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- For Borderline Personality Disorder BPD, exposure must be voluntary, graded, condition-specific, and conducted only in objectively safe and lawful situations. Do not prescribe flooding; screen medical limitations, trauma cues, dissociation, intoxication, and whether avoidance reflects real danger rather than phobic fear.

Crisis and current resources

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- For Borderline Personality Disorder BPD, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://www.healthquality.va.gov/guidelines/MH/ptsd/>
- <https://www.nice.org.uk/guidance>
- <https://988lifeline.org/>