



Borderline Symptom List (BSL-23)

Instructions:

Please follow these instructions when answering the questionnaire: In the following table you will find a set of difficulties and problems which possibly describe you. Please work through the questionnaire and decide how much you suffered from each problem in the course of the last week. In case you have no feelings at all at the present moment, please answer according to how you think you might have felt. Please answer honestly. All questions refer to the last week. If you felt different ways at different times in the week, give a rating for how things were for you on average. Please be sure to answer each question.

		Not at all	A little	Rather	Much	Very strong
1	It was hard for me to concentrate	0	1	2	3	4
2	I felt helpless	0	1	2	3	4
3	I was absent-minded and unable to remember what I was actually doing	0	1	2	3	4
4	I felt disgust	0	1	2	3	4
5	I thought of hurting myself	0	1	2	3	4
6	I didn't trust other people	0	1	2	3	4
7	I didn't believe in my right to live	0	1	2	3	4
8	I was lonely	0	1	2	3	4
9	I experienced stressful inner tension	0	1	2	3	4
10	I had images that I was very much afraid of	0	1	2	3	4
11	I hated myself	0	1	2	3	4
12	I wanted to punish myself	0	1	2	3	4
13	I suffered from shame	0	1	2	3	4
14	My mood rapidly cycled in terms of anxiety, anger, and depression	0	1	2	3	4



		Not at all	A little	Rather	Much	Very strong						
15	I suffered from voices and noises from inside and/or outside my head	0	1	2	3	4						
16	Criticism had a devastating effect on me	0	1	2	3	4						
17	I felt vulnerable	0	1	2	3	4						
18	The idea of death had a certain fascination for me	0	1	2	3	4						
19	Everything seemed senseless to me	0	1	2	3	4						
20	I was afraid of losing control	0	1	2	3	4						
21	I felt disgusted by myself	0	1	2	3	4						
22	I felt as if I was far away from myself	0	1	2	3	4						
23	I felt worthless	0	1	2	3	4						
		Very Bad 0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100% Excellent
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	10	20	30	40	50	60	70	80	90	100

Developer Reference:

Bohus, M., Kleindienst, N., Limberger, M. F., Stieglitz, R.-D., Domsalla, M., Chapman, A. L., Steil, R., Philipsen, A., & Wolf, M. (2009). The short version of the Borderline Symptom List (BSL-23): development and initial data on psychometric properties. *Psychopathology*, 42(1), 32–39. <https://doi.org/10.1159/000173701>