



Deenz Borderline Personality Questionnaire (DBPQ)

Questionnaire

Instructions

Deenz Borderline Personality Questionnaire (DBPQ) contains 54 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	My mood can shift dramatically within a few hours – from very happy to very low.	☐	☐	☐	☐	☐
2	There's a deep, empty feeling inside me that shows up a lot.	☐	☐	☐	☐	☐
3	When I get frustrated, it's hard to keep my temper in check.	☐	☐	☐	☐	☐
4	I don't usually get sudden, intense swings in how I feel.	☐	☐	☐	☐	☐
5	Sometimes I feel a burning anger that seems way bigger than whatever set it off.	☐	☐	☐	☐	☐
6	Day to day, my emotions feel pretty stable and predictable.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
7	I get irritable or anxious out of nowhere, without knowing exactly why.	☐	☐	☐	☐	☐
8	I've had moments of intense rage that I regretted afterward.	☐	☐	☐	☐	☐
9	I carry a deep sense of shame that's hard to shake, even when I haven't done anything wrong.	☐	☐	☐	☐	☐
10	When I get upset, I can usually calm myself down pretty quickly.	☐	☐	☐	☐	☐
11	It feels like my emotions are steering me, not the other way around.	☐	☐	☐	☐	☐
12	I feel sad or anxious a lot without being able to pin down why.	☐	☐	☐	☐	☐
13	I don't really get sudden mood swings.	☐	☐	☐	☐	☐
14	Some days it feels like I'm stuck on an emotional roller coaster.	☐	☐	☐	☐	☐
15	I worry a lot that people I care about are going to leave me.	☐	☐	☐	☐	☐
16	I'll go to pretty extreme lengths to keep people from leaving.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
17	My relationships tend to feel either amazing or terrible – not much in between.	☐	☐	☐	☐	☐
18	I find it pretty easy to keep long-term friendships going.	☐	☐	☐	☐	☐
19	I build people up in my head, then feel crushed when they don't live up to it.	☐	☐	☐	☐	☐
20	I feel safe and secure with the people closest to me.	☐	☐	☐	☐	☐
21	I rely on other people to tell me whether I'm doing okay or feeling okay about myself.	☐	☐	☐	☐	☐
22	I've cut someone out of my life suddenly because I thought they'd leave me first.	☐	☐	☐	☐	☐
23	I often feel like the people I love don't really care about me.	☐	☐	☐	☐	☐
24	I'm comfortable being alone for long stretches of time.	☐	☐	☐	☐	☐
25	I hold on tight to people because being alone scares me.	☐	☐	☐	☐	☐
26	How I feel about my partner or close friends can flip from love to hate in an instant.	☐	☐	☐	☐	☐
27	I trust the people close to me to stick around through hard times.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
28	I end up in intense arguments with the people I'm closest to, a lot.	☐	☐	☐	☐	☐
29	Sometimes I honestly don't know who I really am.	☐	☐	☐	☐	☐
30	My goals, career plans, or beliefs seem to completely change every few months.	☐	☐	☐	☐	☐
31	I feel like a different person depending on who I'm with.	☐	☐	☐	☐	☐
32	I have a clear, steady sense of who I am.	☐	☐	☐	☐	☐
33	When I'm under a lot of stress, I feel emotionally disconnected from my body or from what's happening around me.	☐	☐	☐	☐	☐
34	Sometimes it feels like I'm watching myself from the outside, like it's not really me.	☐	☐	☐	☐	☐
35	I often get the sense that people are talking about me or judging me behind my back.	☐	☐	☐	☐	☐
36	I'm confident in my values and what I stand for.	☐	☐	☐	☐	☐
37	I sometimes feel invisible, like I don't really exist.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
38	Under a lot of stress, I get pretty paranoid about other people's true intentions.	☐	☐	☐	☐	☐
39	I have a hard time remembering who I was a few years ago – I feel like a totally different person now.	☐	☐	☐	☐	☐
40	Even under stress, my mind doesn't really play tricks on me.	☐	☐	☐	☐	☐
41	My sense of what's right and wrong can shift depending on who I'm around.	☐	☐	☐	☐	☐
42	I act on impulse in ways that could hurt me – like overspending, driving too fast, or overeating.	☐	☐	☐	☐	☐
43	When emotional pain becomes overwhelming, I've hurt myself on purpose.	☐	☐	☐	☐	☐
44	When I'm highly emotional, I make decisions I probably shouldn't.	☐	☐	☐	☐	☐
45	I plan ahead carefully and rarely act on a whim.	☐	☐	☐	☐	☐
46	I've suddenly quit a job, ended a relationship, or made another big decision without thinking it through.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
47	I've driven recklessly or put myself in danger when I was angry.	☐	☐	☐	☐	☐
48	When I'm dealing with rejection or loss, I've sometimes had thoughts of suicide.	☐	☐	☐	☐	☐
49	I rarely regret decisions I make in the heat of the moment.	☐	☐	☐	☐	☐
50	I've hurt myself on purpose (like cutting or burning) to cope with emotional pain.	☐	☐	☐	☐	☐
51	When I'm feeling down, I tend to spend money without much control.	☐	☐	☐	☐	☐
52	My habits and routines have generally stayed pretty steady and stable over time.	☐	☐	☐	☐	☐
53	I've stayed in situations that weren't safe because I didn't want to be alone.	☐	☐	☐	☐	☐
54	I struggle with binge eating or using substances when I feel overwhelmed.	☐	☐	☐	☐	☐

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

4, 6, 10, 13, 18, 20, 24, 27, 32, 36, 40, 45, 49, 52

Reverse Scoring Formula

0 → 4

1 → 3

2 → 2

3 → 1

4 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Mood & Anger	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14	14
Relationships & Fear of Abandonment	15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28	14
Identity & Thought Patterns	29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41	13
Impulsivity & Self-Harm	42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54	13

Raw Score Ranges

Scale	Items	Possible Range
Mood & Anger	14	0–56
Relationships & Fear of Abandonment	14	0–56
Identity & Thought Patterns	13	0–52
Impulsivity & Self-Harm	13	0–52
Overall Score	54	0–216

Source

DM Dar. Development and Validation of Deenz Borderline Personality Questionnaire (DBPQ-54). DrDeenz Psychometrics Lab. February, 2026 [PREPRINT].

Prepared by [Drdeenz](#)

Interactive Version: [Deenz Borderline Personality Questionnaire \(DBPQ\)](#)