YOUR ANSWERS. YOUR PERSPECTIVE.

Borderline

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Emotional intensity

You describe marked shifts in feelings and lingering effects of emotional conversations. Intense feelings may temporarily crowd out other perspectives.

2

Closeness and reassurance

You describe a recurring need for reassurance in important relationships. Distance or arguments may quickly bring concern about losing the connection. Some responses differ substantially from this direction.

3

Individual responses matter

Closeness and reassurance: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

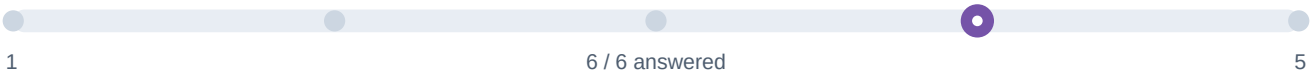
For one example, separate the observable event from your first interpretation: what do you know, and what are you assuming?

02 / YOUR REPORT

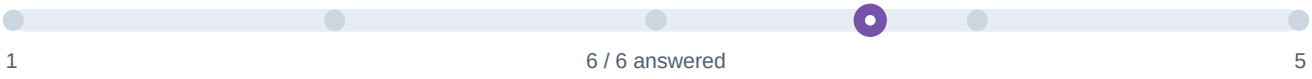
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

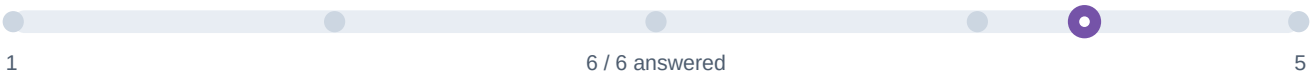
Emotional intensity 4.0 / 5



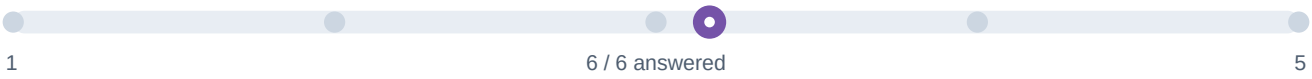
Closeness and reassurance 3.7 / 5



Self-image and direction 4.3 / 5



Spontaneous reactions 3.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

This report describes your experience of emotional shifts, closeness, self-image and reactions. It shows patterns you recognise in yourself; it can neither establish nor exclude borderline personality disorder.

Your result in words

Emotional intensity: You describe marked shifts in feelings and lingering effects of emotional conversations. Intense feelings may temporarily crowd out other perspectives.

Closeness and reassurance: You describe a recurring need for reassurance in important relationships. Distance or arguments may quickly bring concern about losing the connection.

Closeness and reassurance: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: I can accept that an important person needs time alone. | Mostly true

Item 11: I can hold on to a sense of connection even when we are not currently talking. | Not at all true

Consider a possible everyday situation

For one example, separate the observable event from your first interpretation: what do you know, and what are you assuming?

04 / YOUR REPORT

Emotional intensity

Trace your responses and connect them with everyday situations.

This area describes how intense and changeable emotions feel in particular situations. High endorsement is not a diagnosis.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe marked shifts in feelings and lingering effects of emotional conversations. Intense feelings may temporarily crowd out other perspectives.

Scale direction: fewer reported fluctuations / more reported fluctuations.

Two concrete responses

Item 3: An intense emotion temporarily pushes other perspectives into the background.

Your response: Partly true

Item 5: I can usually name the emotion that is most prominent at the moment.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Describe a situation in which an emotion quickly intensified. What happened just before it, and when did it ease?

When does this fit me - and when does it not?

05 / YOUR REPORT

Closeness and reassurance

Trace your responses and connect them with everyday situations.

These statements concern your responses to distance or uncertainty in important relationships. They do not assess the other person or the quality of the relationship.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a recurring need for reassurance in important relationships. Distance or arguments may quickly bring concern about losing the connection.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less pressure to seek reassurance / more pressure to seek reassurance.

Two concrete responses

Item 10: I can accept that an important person needs time alone.

Your response: Mostly true (reverse-scored in the calculation)

Item 11: I can hold on to a sense of connection even when we are not currently talking.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

For one example, separate the observable event from your first interpretation: what do you know, and what are you assuming?

When does this fit me - and when does it not?

06 / YOUR REPORT

Self-image and direction

Trace your responses and connect them with everyday situations.

This area concerns how consistent your ideas about yourself, your wishes and your boundaries feel. Changes in self-image are not a disorder in themselves.

Your response value **4.3 / 5**



What this means in practice

You describe a changing view of your wishes and yourself. Company, mood or criticism may strongly influence how you see yourself at a particular moment.

Scale direction: more consistent reported direction / more changeable reported direction.

Two concrete responses

Item 17: In quiet moments, I sometimes experience an inner emptiness that is difficult to describe.

Your response: Partly true

Item 16: My plans for the near future change substantially with my current mood.

Your response: Very true

A prompt for further reflection

Write down one wish that matters to you independently of others' opinions. In which situations does it stay the same?

When does this fit me - and when does it not?

07 / YOUR REPORT

Spontaneous reactions

Trace your responses and connect them with everyday situations.

This area looks at the gap between intense emotion and action, and how you view your reactions afterwards. It does not assess dangerousness.

Your response value **3.2 / 5**



1 6 / 6 answered 5

What this means in practice

Your answers fall between “more reported room to choose” and “more reported pressure to react”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: more reported room to choose / more reported pressure to react.

Two concrete responses

Item 19: In tense moments, I send messages that I would word differently later.

Your response: Mostly untrue

Item 24: After an intense conflict, I find it difficult to return straight to my routine.

Your response: Very true

A prompt for further reflection

Recall a spontaneous message or decision. What might have given you a brief moment to think?

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Emotional intensity

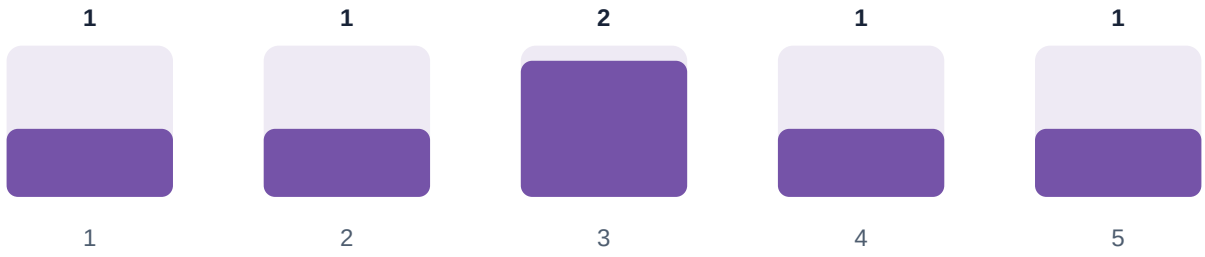
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Closeness and reassurance. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

For one example, separate the observable event from your first interpretation: what do you know, and what are you assuming?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

This questionnaire uses original statements that have not been clinically validated. It explores selected experiences related to the topic of borderline but does not identify borderline personality disorder or estimate its likelihood or severity. It uses no diagnostic thresholds, assessments of other people or judgements of dangerousness. Results support personal reflection; distressing experiences can have many explanations.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I need a long time to settle internally after an emotional conversation.**	Emotional intensity | Mostly true
2	**I sometimes experience very different emotions within one day.**	Emotional intensity | Very true
3	**An intense emotion temporarily pushes other perspectives into the background.**	Emotional intensity | Partly true
4	**My mood usually remains fairly steady when I am disappointed.**	Emotional intensity | Mostly untrue | reverse-scored
5	**I can usually name the emotion that is most prominent at the moment.**	Emotional intensity | Not at all true | reverse-scored
6	**I feel drained after emotional ups and downs.**	Emotional intensity | Partly true
7	**I repeatedly need confirmation that things are all right between me and someone close.**	Closeness and reassurance | Partly true
8	**After an argument, I sometimes immediately fear losing the relationship.**	Closeness and reassurance | Very true
9	**My view of someone close can change sharply after a disappointment.**	Closeness and reassurance | Mostly true
10	**I can accept that an important person needs time alone.**	Closeness and reassurance | Mostly true | reverse-scored
11	**I can hold on to a sense of connection even when we are not currently talking.**	Closeness and reassurance | Not at all true | reverse-scored
12	**When I feel overlooked, I alternate between seeking contact and withdrawing.**	Closeness and reassurance | Partly true
13	**Depending on who I am with, I experience myself as a different person.**	Self-image and direction | Very true
14	**I find it difficult to say which wishes are genuinely my own.**	Self-image and direction | Mostly true

Your responses in full / CONTINUED

15 **Even when criticised, I can usually identify qualities I value in myself.**
Self-image and direction | Not at all true | reverse-scored

16 **My plans for the near future change substantially with my current mood.**
Self-image and direction | Very true

17 **In quiet moments, I sometimes experience an inner emptiness that is difficult to describe.**
Self-image and direction | Partly true

18 **My core values give me direction even on difficult days.**
Self-image and direction | Mostly untrue | reverse-scored

19 **In tense moments, I send messages that I would word differently later.**
Spontaneous reactions | Mostly untrue

20 **When emotions are strong, I sometimes make decisions before considering their consequences.**
Spontaneous reactions | Partly true

21 **When I feel misunderstood, I find it difficult to allow a pause in the conversation.**
Spontaneous reactions | Mostly true

22 **I can usually pause briefly between a strong impulse and my response.**
Spontaneous reactions | Partly true | reverse-scored

23 **I can usually delay a difficult response until I have gathered my thoughts.**
Spontaneous reactions | Mostly true | reverse-scored

24 **After an intense conflict, I find it difficult to return straight to my routine.**
Spontaneous reactions | Very true