

DSM 5 Criteria for Borderline Personality Disorder

Diagnostic Criteria

1. Frantic efforts to avoid real or imagined abandonment. (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5)
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.
3. Identity disturbance: markedly and persistently unstable self-image or sense of self.
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating). (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5)
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.
6. Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days).
7. Chronic feelings of emptiness.
8. Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).
9. Transient, stress-related paranoid ideation or severe dissociative symptoms.

Types of Borderline Personality Disorder

1. Discouraged BPD: Characterized by dependency and clinging behavior, often accompanied by feelings of worthlessness and sadness.
2. Impulsive BPD: Marked by thrill-seeking behavior, impulsivity, and a tendency to engage in risky activities.
3. Petulant BPD: Involves unpredictable moods, irritability, and a tendency to feel misunderstood or unappreciated.
4. Self-Destructive BPD: Characterized by self-harm and self-sabotaging behavior, often as a means of coping with emotional pain.

Additional Information

- BPD can be diagnosed in adolescence or early adulthood, but caution should be exercised, especially when diagnosing individuals under 18.
- Laboratory tests are not useful for identifying BPD.
- It is essential for a trained mental health professional to conduct a thorough assessment and diagnosis. The diagnosis should be made based on a comprehensive clinical assessment.
- This handout is for informational purposes only and should not be used for self-diagnosis or treatment.

Personality Assessment In The Dsm 5

Clemens Wendtner



Personality Assessment In The Dsm 5:

Decoding **Personality Assessment In The Dsm 5**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Personality Assessment In The Dsm 5**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Personality Assessment In The Dsm 5

1. Understanding the eBook Personality Assessment In The Dsm 5
 - The Rise of Digital Reading Personality Assessment In The Dsm 5
 - Advantages of eBooks Over Traditional Books
2. Identifying Personality Assessment In The Dsm 5
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Personality Assessment In The Dsm 5
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personality Assessment In The Dsm 5
 - Personalized Recommendations
 - Personality Assessment In The Dsm 5 User Reviews and Ratings
 - Personality Assessment In The Dsm 5 and Bestseller Lists

5. Accessing Personality Assessment In The Dsm 5 Free and Paid eBooks
 - Personality Assessment In The Dsm 5 Public Domain eBooks
 - Personality Assessment In The Dsm 5 eBook Subscription Services
 - Personality Assessment In The Dsm 5 Budget-Friendly Options
6. Navigating Personality Assessment In The Dsm 5 eBook Formats
 - ePub, PDF, MOBI, and More
 - Personality Assessment In The Dsm 5 Compatibility with Devices
 - Personality Assessment In The Dsm 5 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personality Assessment In The Dsm 5
 - Highlighting and Note-Taking Personality Assessment In The Dsm 5
 - Interactive Elements Personality Assessment In The Dsm 5
8. Staying Engaged with Personality Assessment In The Dsm 5
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personality Assessment In The Dsm 5
9. Balancing eBooks and Physical Books Personality Assessment In The Dsm 5
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personality Assessment In The Dsm 5
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Personality Assessment In The Dsm 5
 - Setting Reading Goals Personality Assessment In The Dsm 5
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personality Assessment In The Dsm 5
 - Fact-Checking eBook Content of Personality Assessment In The Dsm 5
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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