

GRAB BAG

BORDERLINE PERSONALITY DISORDER

“I DESPAIRR”

Identity problem: *“Do you have trouble knowing who you are?”*

Disordered affect: *“Are you a moody person?”*

Empty feeling: *“Do you often feel empty inside?”*

Suicidal behavior: *“When something bad happens, like being rejected, do you think about hurting yourself or killing yourself?”*

Paranoia or dissociative symptoms: *“When you are stressed do you feel like you lose touch with your environment or with yourself? Do you ever feel like people are ganging up on you?”*

Abandonment fear: *“Do you react strongly to rejection or abandonment?”*

Impulsivity: *“Do you ever get impulsive and do things like going on a spending spree, having a lot of sex, or driving recklessly?”*

Rage: *“Do you express your anger in a dramatic way?”*

Relationship instability: *“Do your relationships tend to have a lot of ups and downs?”*

SOMATIZATION DISORDERS

“Recipe 4 pain: Convert 2 Stomachs to 1 Sex”

- * 4 pain symptoms
- * 1 conversion symptom
- * 2 gastrointestinal symptoms
- * 1 sexual symptom

EATING DISORDERS

“Have you ever felt like you are overweight?” An outright “no” answer probably excludes an eating disorder diagnosis.

“Have you dieted? Used laxatives? Have you made yourself throw up?”

“Do you go on eating binges in which you eat a large amount of food within a couple of hours and feel you can’t control your eating?”

* Remember men are 10-15% of eating disordered people. 40% of men with bulimia are gay or bisexual, so it’s important to screen in that population.

