1. Give an example of one issue with which a borderline struggles.
   A) Indifference to rejection
   B) Threatened by separation
   C) Inability to limit relationships
   D) Non-intensity of feelings

2. Major traumas during early years of development can increase the probability of BPD at what stage in life?
   A) After acknowledgement of middle age
   B) During intimacy
   C) During a midlife crisis
   D) Adolescence

3. The most important part of any therapy is what?
   A) Medication
   B) Trust between patient and therapist
   C) Cost-effectiveness
   D) Ability to repress unpleasant memories

4. The borderline’s university lacks:
   A) diversity of pattern
   B) flexibility
   C) goals
   D) predictability

5. In a borderline personality context, “SET” stands for what?
   A) Support, Empathy, Truth
   B) Stability, Effort, Trust
   C) Sufficiency, Ego, Tenacity
   D) Strategy, Ethics, Transition

6. The borderline’s unstable relationships are directly related to:
   A) fear of intimacy
   B) economical stature
   C) unusual insistence on separation
   D) hypochondriasis

7. For a borderline in “on the couch” therapy, the stimulation of analysis:
   A) improves his mental stability
   B) helps control and solve anxieties
   C) produces panic
   D) creates an ambivalent attitude
8. It is estimated that there are how many sufferers of BPD in America today?
   A) 750,000
   B) 10 million
   C) 26 million
   D) 1 million

9. Why is masochism a prominent characteristic of borderline relationships?
   A) Elicits a "love hurts" familiarity
   B) Without masochism, the borderline loses control of the situation
   C) A borderline then feels mentally enabled
   D) Masochism is not a prominent characteristic in BPD

10. Which of the following criteria can be included in the clinical diagnosis of BPD?
   A) Persistent unreliability
   B) Overwhelming sense of identity
   C) Ideation that there is no perfect partner
   D) Frequent displays of temper

11. What is probably the most common diagnosis associated with BPD?
   A) Primary anxiety
   B) Obsessive-compulsive disorder
   C) Pain syndromes
   D) Depressive disorder

12. Studies have uncovered BPD in approximately what percentage of all patients who have eating disorders?
   A) 15%
   B) 50%
   C) 35%
   D) 60%

13. What is the aim of psychoanalysis?
   A) To provoke confrontation
   B) Alter personality structure
   C) Analyze and eradicate defenses
   D) To focus on current issues, as opposed to one's past

14. The borderline's greatest obstacle to change is:
   A) an inability for self-assessment
   B) the tendency to evaluate in extremes
   C) addiction to medications
   D) detachment from the family

15. Borderline personality disorder is:
   A) inappropriately letting one's true self come out
   B) a willful attempt to get attention
C) a feeling of comfort only in a crisis-free state
D) an illness

16. How do borderlines typically respond to depression, anxiety, anger, or frustration?
   A) With more layers of those same feelings
   B) By totally surrendering to a trusted caregiver
   C) Increase the frequency of therapy sessions
   D) Fight to become emotionally regimented

17. For a child, what emotion often accompanies numerous geographical relocations?
   A) Acute awareness of dysfunction in the family
   B) Mistrust
   C) A feeling of rootlessness
   D) Inappropriate hostility

18. The trauma of child abuse in the borderline personality invariably causes the child to do what?
   A) Blame no one, so that the abuse can be denied
   B) Blame older siblings
   C) Blame the primary caregiver
   D) Blame himself, so he can control it

19. Destructive relationships often are repeated because of a borderline's:
   A) need for mutual destructiveness
   B) inability to learn from previous mistakes
   C) overzealous self-identity
   D) excessive empathy

20. Which of the following diagnoses is an anxiety disorder?
   A) Schizophrenia
   B) Post-traumatic stress disorder
   C) Fetishism
   D) Bipolar disorder