

I HATE YOU - DON'T LEAVE ME  
"Understanding the Borderline Personality"

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