

Splitting

What it feels like for me...

Emotional Permanence

When happiness/love feels gone...

What BPD Feels Like For Me

This worksheet is a space to explore your own experiences. There are no right or wrong answers. The goal is to notice your patterns, build self-awareness, and give language to things that might otherwise feel overwhelming or impossible to describe. You can write points down, or even draw in the boxes.

Shifting Identity

When my sense of self changes...

Intensity of Feelings

How emotions hit me...

Other Experiences

Anything else that feels important...