

Extended Couple's Questionnaire on Borderline Personality Disorder (BPD), Codependency, and Relationship Dynamics

This comprehensive questionnaire is tailored for couples where one partner has been diagnosed with Borderline Personality Disorder (BPD). It is designed to explore deeply the dynamics within the relationship affected by BPD and other factors such as codependency and childhood issues, aiming to improve understanding, communication, and proactive management of these dynamics.

Individual Reflection: Both partners should take their time to reflect on and answer each question honestly and thoughtfully.

Joint Discussion: After filling out the questionnaire individually, partners should set a calm, neutral time to discuss their responses together.

Therapeutic Guidance: It may be beneficial to go through these questions in the presence of a therapist to help mediate and interpret the responses constructively.

Goals of the Questionnaire:

Enhance Understanding: Increase both partners' understanding of BPD, its symptoms, and its impacts.

Improve Communication: Encourage open and honest communication regarding the feelings and challenges associated with BPD.

Identify Strategies: Collaborate to identify and implement effective strategies for managing BPD within the relationship.

This form is a step toward transparency and mutual support, aiming to strengthen the relationship by addressing the unique challenges of living with BPD.

Reasons Why Addressing These Issues is Helpful:

Identify: Recognizing the patterns helps in understanding the triggers and preparing for potential challenges.

Clarify: Discussing these issues openly can clarify misunderstandings and provide a clear path forward.

Educate: Learning about each other's triggers and needs can foster empathy and support within the relationship.

Implement: Practicing new skills and ideas can transform theory into effective action, improving the relationship's dynamics.

Section 1: Understanding of BPD

What is your understanding of Borderline Personality Disorder?

How do you feel BPD affects emotional and psychological health?

Section 2: Impact on the Relationship

How do you believe BPD affects our relationship?

What are the biggest challenges you face in our relationship because of BPD?

Section 3: Education and Self-Regulation Tools

What has helped you educate yourself about BPD and what tools have assisted in self-regulation?

What strategies do you find most effective for managing BPD symptoms, especially during high-stress situations?

Section 4: Resentment and Triggers

Do you have any resentment towards your spouse for wanting to address BPD issues? Why or why not?

What seems to trigger your mood swings?

Do you feel these triggers are caused by your spouse's actions or words? Please explain.

Section 5: Interaction and Reaction

What suggestions do you have for how your spouse should react when you are experiencing mood swings?

What seems to work for you when you feel your spouse is pulling away?

Section 6: Emotional Responses and Childhood Parallels

What feelings arise when you feel your spouse is not engaged, distant, or pulling away?

How are these feelings similar to or different from those you experienced in childhood?

How did you react to parental figures who exhibited negative behaviors such as being hateful, mean, or cruel?

Were you ever blamed for emotional outbursts by a parental figure?

Do you see a parallel between your reactions in certain situations and your mother's behaviors? If so, how and why?

Section 7: Outbursts and Familial Impact

What have your outbursts served you in the past?

How have these outbursts played a negative role in your life?

Do you blame your parental figures for the ways you react to certain situations now?

Do you feel you are pushing your spouse away, possibly even subconsciously?

Have your outbursts affected your relationships with your children or other family members?

Section 8: Coping with Feelings of Abandonment

What actions do you want to take when you feel abandoned?

How do you generally feel about yourself during these times?

Section 9: Spouse's Perspective on BPD

What is your biggest struggle with handling your spouse's BPD?

Do you feel the issues in your marriage are solely due to BPD?

What changes would you like to see in your relationship?

Section 10: Mindfulness and Emotional Safety

How do you want your spouse to feel around you?

Do you feel mindful in making your spouse feel safe and supported?

Describe what you believe "walking on eggshells" means and why do you think your spouse feels this way?

Section 11: Spouse's Defensive Triggers

What behaviors or actions trigger you to become defensive during conflicts?

Do these feelings relate to any experiences from your childhood?

Do you feel threatened by your spouse's behaviors? In what situations?

Section 12: Communication and Misinterpretations

Did you experience mixed messages during your childhood? If yes, please explain.

How do you react to mixed messages now, and what do you see as a mixed message?

Do you feel you have to "walk on eggshells" around your spouse? If so, describe that experience.

How did you feel around your parental figures during your childhood, and how does that influence your current relationship dynamics?

Section 13: Proactive Management and Planning

What do the two of you feel needs to be done on a daily/weekly/monthly basis to address childhood issues, BPD, Codependency, and insecurities that have not been addressed in the past?

What are the reasons you believe these actions will be helpful to identify, clarify, educate, and implement new ideas and skills?