

BPD and AUD Co-occurring Disorder Assessment



READ EACH STATEMENT AND ANSWER YES OR NO.

01	DO YOU OFTEN DRINK ALCOHOL TO COPE WITH INTENSE EMOTIONS OR STRESS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	HAVE YOU NOTICED FREQUENT MOOD SWINGS THAT FEEL HARD TO CONTROL?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	DO YOU ENGAGE IN IMPULSIVE BEHAVIORS, SUCH AS BINGE DRINKING, RECKLESS SPENDING, OR UNSAFE SEX?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	HAVE YOU EVER HARMED YOURSELF OR HAD SUICIDAL THOUGHTS, ESPECIALLY AFTER DRINKING OR DURING EMOTIONAL DISTRESS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	DO YOU FEEL INTENSE FEAR OF BEING ABANDONED OR REJECTED BY LOVED ONES?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	HAVE YOU TRIED TO CUT DOWN ON DRINKING BUT FOUND IT DIFFICULT DUE TO STRONG CRAVINGS OR URGES?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DO YOU FEEL EMPTY OR DISCONNECTED, EVEN WHEN SURROUNDED BY OTHERS?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	HAS YOUR DRINKING CAUSED PROBLEMS IN YOUR RELATIONSHIPS, SCHOOL, OR WORK?	YES <input type="checkbox"/>	NO <input type="checkbox"/>



Seasonal Affective Disorder Quiz



READ EACH STATEMENT AND ANSWER YES OR NO.

09

DO YOU OFTEN FEEL GUILT OR SHAME AFTER DRINKING OR DURING EMOTIONAL EPISODES?

YES

☐

NO

☐

10

HAVE YOU BEEN TOLD YOU ACT LIKE A "DIFFERENT PERSON" WHEN DRINKING OR IN EMOTIONALLY CHARGED SITUATIONS?

YES

☐

NO

☐

SCORING YOUR RESULTS:

0–3 “Yes” answers: You may occasionally struggle with emotions or alcohol, but these issues may not significantly impact your daily life. It’s worth being mindful of your mental health habits and stress responses. Talking to a therapist or counselor can help build healthy coping tools before problems grow.

4–5 “Yes” answers: You have signs that suggest a pattern of emotional dysregulation or alcohol misuse. These symptoms may interfere with relationships, mood stability, or decision-making. Seek a professional evaluation—especially if your symptoms are causing distress.

6 or more “Yes” answers: Your answers suggest a high likelihood of co-occurring Borderline Personality Disorder (BPD) and Alcohol Use Disorder (AUD). This combination can be complex and serious, but also highly treatable with proper support. Reach out to Icarus Wellness and Recovery in Idaho today for help.

DISCLAIMER:

THIS QUIZ IS FOR EDUCATIONAL PURPOSES ONLY. IT IS NOT A SUBSTITUTE FOR A CLINICAL DIAGNOSIS. IF YOU'RE EXPERIENCING SEVERAL OF THESE SYMPTOMS, CONSIDER REACHING OUT TO ICARUS WELLNESS AND RECOVERY IN IDAHO FOR A CONFIDENTIAL ASSESSMENT AND PROFESSIONAL SUPPORT.

