LPFS-BF 2.0 English

Report for each of the following statements to what extent they apply to you at this moment.		Very false or Often False	Sometimes or Somewhat False	Sometimes or Somewhat True	Very true or often True
1	I often do not know who I really am				
2	I often think very negatively about myself				
3	My emotions change without me having a grip on them				
4	I have no sense of where I want to go in my life				
5	I often do not understand my own thoughts and feelings				
6	I often make unrealistic demands on myself				
7	I often have difficulty understanding the thoughts and feelings of others				
8	I often find it hard to stand it when others have a different opinion				
9	I often do not fully understand why my behavior has a certain effect on others				
10	My relationships and friendships never last long				
11	I often feel very vulnerable when relations become more personal				
12	I often do not succeed in cooperating with others in a mutually satisfactory way				