

Body Image Scale

How realistic is your body image?

Find out now!

- Circle the response that best describes how you feel about each of the following statements – Agree or Disagree
- Respond to every statement - if you're unsure select the response which seems to be most appropriate
- Don't spend too much time on each one
- Your most immediate response is likely to be what's most true for you
- Be as honest as possible

Do you agree or disagree with the following:	Agree	Disagree
1. Most of my energy goes into controlling my weight	A	B
2. If I could change my life I would not start with my body	A	B
3. I envy how other women can look so good	A	B
4. My weight will stay fine in the future	A	B
5. Any weight gain is unacceptable	A	B
6. I don't mind trying on bathing suits in a shop	A	B
7. Staying hungry is a good discipline	A	B
8. I enjoy intimacy	A	B
9. Anything that upsets my dieting upsets me	A	B
10. I don't mind lying on a beach full of attractive women in swimming costumes	A	B

Work out your total

Add up the number of A's and B's you have circled

A =

B =

Find out what your results say about you!

Your results:

7 or more A's.

You are preoccupied with thinness, weight and food and may have fixed ideas of what your weight should be to make you happy. Your goal now should not be a certain weight or dress size unless your health is in danger but to find ways of looking terrific just as you are.

5 – 7 A's

You may not find your weight depressing but still give yourself a hard time. You may have been through the dieting dilemma and now find it harder to lose weight than it was a few years ago. Forget calories and start thinking stylish and beautiful.

3 - 5 A's

Your body image is on a par with most women but influenced by your self-confidence. Perhaps something is going on to lower your confidence and you're blaming yourself. If life is taking a downturn you have to analyse what's gone wrong *separately* from what you look like.

0 - 2 A's

Give yourself a gold star! You've got a great body image and enjoy life free from worrying about dieting. You are confident in who you are. You know that fulfilment has more to do with loving, learning and doing rather than with counting calories. Try and spread your positive attitude around!