Body Image Quiz

|  | Never | Occasionally | Often | Very Often |
| --- | --- | --- | --- | --- |
| I feel very dissatisfied with one or more aspects of my appearance |  |  |  |  |
| I have difficulty concentrating on things other than how I look |  |  |  |  |
| I use words like ugly, defective, unattractive, or horrible to describe my appearance |  |  |  |  |
| I check my appearance in the mirror or other reflective surfaces  or  I avoid mirrors or reflective surfaces because of the way I look |  |  |  |  |
| I use cosmetics, clothing or other means to camouflage aspects of my appearance |  |  |  |  |
| I hold my body in certain positions to hide aspects of my appearance I ask others whether I look okay or I try to convince them how bad I look |  |  |  |  |
| I have trouble believing people when they say I look fine |  |  |  |  |
| I compare myself to others and think that I look worse than them |  |  |  |  |
| I spend time researching ways to fix my appearance |  |  |  |  |
| I spend time trying to improve the look of the body part I dislike (e.g., by picking my skin, getting cosmetic treatments, grooming) |  |  |  |  |
| I contemplate cosmetic surgery |  |  |  |  |
| I avoid socialising because of how I look |  |  |  |  |
| I avoid intimate relationships because of how I look |  |  |  |  |
| The way I feel about my appearance prevents me from doing things I would like to do |  |  |  |  |

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