

Name _____ Section _____ Date _____



WELLNESS WORKSHEET 76

Body Image

Assessing Your Body Image

	Never	Sometimes	Often	Always
1. I dislike seeing myself in mirrors.	0	1	2	3
2. When I shop for clothing, I am more aware of my weight problem, and consequently I find shopping for clothes somewhat unpleasant.	0	1	2	3
3. I'm ashamed to be seen in public.	0	1	2	3
4. I prefer to avoid engaging in sports or public exercise because of my appearance.	0	1	2	3
5. I feel somewhat embarrassed by my body in the presence of someone of the other sex.	0	1	2	3
6. I think my body is ugly.	0	1	2	3
7. I feel that other people must think my body is unattractive.	0	1	2	3
8. I feel that my family or friends may be embarrassed to be seen with me.	0	1	2	3
9. I find myself comparing myself with other people to see if they are heavier than I am.	0	1	2	3
10. I find it difficult to enjoy activities because I am self-conscious about my physical appearance.	0	1	2	3
11. Feeling guilty about my weight problem preoccupies most of my thinking.	0	1	2	3
12. My thoughts about my body and physical appearance are negative and self-critical.	0	1	2	3

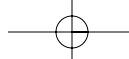
Now, add up the number of points you have circled in each column: _____

_____ + _____ + _____

Score Interpretation

The lowest possible score is 0, and this indicates a positive body image. The highest possible score is 36, and this indicates an unhealthy body image. A score higher than 14 suggests a need to develop a healthier body image.

(over)



WELLNESS WORKSHEET 76 — continued

In the space provided, draw (1) your body and (2) your perception of an ideal body of a person of your gender. If your drawing skills are limited, provide written descriptions.

(1) My body

(2) My idea of the ideal body

What differences do you see between your drawing/description of your own body and that of your ideal?

Where do your ideas about an ideal body come from?

List five positive things about your body.

1. _____
2. _____
3. _____
4. _____
5. _____

SOURCE: Questionnaire from Nash, J. D. 1986. *Maximize Your Body Potential*. Palo Alto, Calif.: Bull Publishing. Reprinted with permission from Bull Publishing Company.

