



Red Willow

COUNSELING & RECOVERY

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## Body Image Questionnaire: How do you measure up?

When you look in the mirror what do you see? When you walk past a shop window and catch a glimpse of your body, what do you notice first? Are you proud of what you see, or do you think, "I'm too short, I'm too fat, if only I were thinner or more muscular?" Most people answer negatively. Take the following quiz and see how your Body Image I.Q. measures up. Check the most appropriate answer:

1. Have you avoided sports or working out because you didn't want to be seen in gym clothes? **Yes**\_\_ **No** \_\_
2. Does eating even a small amount of food make you feel fat? **Yes**\_\_ **No** \_\_
3. Do you worry or obsess about your body not being small, thin or good enough?  
**Yes**\_\_ **No** \_\_
4. Are you concerned your body is not muscular or strong enough? **Yes**\_\_ **No** \_\_
5. Do you avoid wearing certain clothes because they make you feel fat? **Yes**\_\_ **No** \_\_
6. Do you feel badly about yourself because you don't like your body? **Yes**\_\_ **No** \_\_
7. Have you ever disliked your body? **Yes**\_\_ **No** \_\_
8. Do you want to change something about your body? **Yes**\_\_ **No** \_\_
9. Do you compare yourself to others and "come up short?" **Yes**\_\_ **No** \_\_

If you answered "**Yes**" to **3 or more** questions, you may have a negative body image.

Source: [www.healthyplace.com](http://www.healthyplace.com)