



Red Willow

COUNSELING & RECOVERY

Body Image Self-Assessment

Do I have a negative body image?

This self-assessment is designed to help you identify if you have some symptoms of negative body image that may benefit from professional help. It is meant to help you examine your thoughts, feelings and behaviors and is not designed to take the place of a professional diagnosis or consultation. Answer each item with **yes** or **no**.

1. Do I spend a lot of time worrying about what other people think about my appearance?
2. Do I spend more time thinking about what I dislike about my appearance, than what I like about it?
3. Is my appearance really important in how I evaluate my self-worth?
4. Do I avoid activities, people or situations due to feeling self-conscious about my appearance?
5. Do I spend a lot of money, time or effort attempting to "fix" my appearance flaws, or trying to look "perfect?"
6. Does my satisfaction with my appearance dictate my mood, or how happy I feel that day?
7. Do I often compare my appearance to others or check my appearance in mirrors?
8. Do I find myself seeking reassurance from others about my appearance or dismiss compliments I receive about my appearance?
9. Do I believe that my appearance is largely responsible for much of what's happened to me in my life, or believe that I can control my future by improving my appearance?
10. Do my feelings about my appearance get in the way of accepting myself or enjoying my life?

If you answered "**yes**" to any of the above questions, you may be struggling with negative body image.