

# Body Image Eval

adapted from The Body Image Workbook

Very Dissatisfied

Mostly Dissatisfied

Mostly Satisfied

Very Satisfied

1. overall appearance
2. facial features/complexion
3. hair color/thickness/texture
4. lower torso (butt/hips/thighs/legs)
5. mid-torso (waist/tummy)
6. upper torso (chest, shoulders, arms)
7. muscle tone
8. weight
9. height
10. other physical characteristic: \_\_\_\_\_

I think thoughts like the following:

Rarely/Never

Once a week or less often

Almost Daily

1. Why can't I ever look good?
2. My life sucks because of my looks.
3. My looks make me a loser.
4. Others look better than me.
5. It isn't fair that I look like this.
6. No one will ever love me, looking this way.
7. I wish I were better-looking.
8. I wish I looked like \_\_\_\_\_.
9. Others won't like me because I look like this.
10. Something about my looks HAS to change.
11. How I look is ruining everything for me.
12. Other people notice what is wrong with my looks.
13. Others think I'm unattractive.
14. My clothes don't look good on me.
15. I wish people wouldn't look at me.
16. I can't stand my appearance anymore.

# Body Image Eval

adapted from The Body Image Workbook

Rarely/Never      Once a week or less often      Almost Daily

17. Others judge me for how I look.
18. There is nothing I can do to look good.
19. I can't accept invitations because of how I look.
20. I've got to look a certain way to go to an event.

I would feel distressed about my appearance  
in the following situations:

Rarely/Never      Once a week or less often      Almost Daily

1. At social events where I know few people.
2. When I look in the mirror.
3. When people see me before I've "fixed up."
4. With people I or others consider attractive.
5. When I am with people I'm attracted to.
6. When someone looks at areas I don't like about my appearance.
7. When I look in the mirror nude.
8. When I am trying on new clothes.
9. After I have eaten a full meal.
10. When I see attractive people on TV or online.
11. When I get on the scale.
12. When anticipating sex with someone else.
13. When I am already in a bad mood.
14. When in conversation with others about physical appearance.
15. When someone comments negatively about my appearance.
16. When I see a picture or video of myself.
17. When I think about what I wish I looked like.
18. When I think about how I may look in the future.
19. When I am with a certain person.
20. During certain sports or hobbies.

# Body Image Eval

adapted from The Body Image Workbook

Mostly True

Mostly False

1. When I see good-looking people, I compare myself.
2. When something reminds me about how I look, I tend to dwell on it.
3. If I like how I look, it is easier to feel good about other things.
4. When I meet people, I wonder what they think about how I look.
5. Everyday, lots of things make me think about what I look like.
6. If I dislike how I look, it is hard to feel happy about other things.
7. I fantasize about being better-looking.
8. By controlling how I look, I control many social and emotional events in my life.
9. My appearance is responsible for much of what's happened to me in my life.
10. I often compare myself to others' appearance.
11. If someone had a negative reaction to my looks, it would bother me.
12. My physical appearance has a big influence on my life.

If something challenges how I feel about my body image:

Mostly True

Mostly False

1. I spend extra time trying to fix what I don't like about my looks.
2. I think about how I could cover up what I dislike about my appearance.
3. I do multiple things to look more attractive.
4. I spend a lot of time in front of the mirror.
5. I think about what I should do to change my looks.
6. I fantasize about looking different.
7. I seek reassurance from others about my looks.
8. I compare my appearance to that of physically attractive people.
9. I make special efforts to look my best.
10. I make special effort to hide or cover up what is troublesome about my looks.
11. I try to tune out my thoughts and feelings.
12. I eat something to help me deal with the situation.
13. I avoid looking at myself in the mirror.
14. I tell myself that I am helpless to do anything about it.

# Body Image Eval

adapted from The Body Image Workbook

Mostly True

Mostly False

15. I withdraw and interact less with others.
16. I make no attempt to cope or deal with the situation.
17. I try to ignore the situation and my feelings.
18. I react by overeating.
19. I consciously do something to feel good about myself as a person.
20. I remind myself of my good qualities.
21. I tell myself I am just being irrational.
22. I tell myself that the situation will pass.
23. I try to figure out why I am challenged by the situation.
24. I tell myself that I am probably just overreacting to the situation.
25. I remind myself that I will feel better in a little while.
26. I tell myself that there are more important things than what I look like.
27. I tell myself that I probably look better than I think I do.
28. I react by being especially patient with myself.
29. I tell myself the situation is not that important.

## How my body image influences my life:

Mostly a negative effect    NO effect    Mostly a positive effect

1. My basic feelings about self-worth
2. My feelings about my adequacy as a woman
3. My interactions with people I'm attracted to
4. My interactions with peers
5. My experiences meeting new people
6. My work or school experiences
7. Relationships with my friends
8. Relationships with family members
9. Day-to-day emotions
10. Satisfaction with my life
11. Feelings of my acceptability as a partner
12. Enjoyment of my sex life

# Body Image Eval

adapted from The Body Image Workbook

**Mostly a negative effect**   NO effect   **Mostly a positive effect**

13. Ability to control what/how much I eat
14. Ability to control my weight
15. Activities I choose for exercise
16. My willingness to do things that call attention to my appearance
17. How I get dressed and ready for the day
18. How confident I feel in my everyday life
19. How happy I feel in my everyday life