

9. I commonly compare myself to attractive people I see in movies, in magazines, in person, or on television. _____
10. I frequently cringe or become upset when I look at photos or videos of myself. _____
11. I commonly have thoughts like, "I really hate what I see when I look at myself. I notice body parts sticking out, my unattractive skin or hair, or features that are too large or oddly shaped". _____
12. I can't stand to look at myself after I have eaten a full meal. _____
13. I become highly self conscious when my partner touches a body area that I do not like. _____
14. I work hard to make sure that nobody sees me undressed or in minimal clothing such as a bathing suit. If they have to, I make sure that the lights are on low or are off or I am covered up. _____
15. I try *not* to go out if my hair is not fixed just right, my clothes are not perfectly put together or (for women) my makeup is not exactly right. _____
16. On a typical day, I have at least five different thoughts about how unattractive my looks are. _____
17. I often feel upset about my body shape when I look in the mirror or try clothes on. _____
18. It is typical for me to think that people will not love me or that they will love me less because of how I look. _____
19. I frequently think, "My life would be much better if I were more attractive." _____
20. When I look at myself, I tend to stare at one feature that I think is large, small, or distorted. _____
21. I feel uncomfortable around people I think are attractive because I believe they must think I am unattractive. Other people observing me with an attractive person would notice the difference between me and the nice-looking person. _____
22. I do *not* believe that I can wear stylish or fashionable clothes. _____
23. I am constantly telling myself that I need to change something about _____

my looks.

24. I feel envious of people who have had makeovers or plastic surgery because I would like to significantly change how I look. _____

25. Others probably judge me negatively, think less of me, or do not like me because of how I look. _____

26. I avoid having my picture taken since I do not want to be captured on film forever looking the way I do. _____

27. My body needs to be more firm, slim, toned, or tight. _____

28. I feel highly uncomfortable when others are looking at me because I am sure they are noticing my physical flaws. _____

29. If someone gives me a compliment about my physical appearance, I typically think that they are just saying it to be nice, but that it is not really true. _____

30. I am sure that I am significantly less physically appealing than other people. _____

Score Interpretations

Total Score 113-150

This score indicates a high likelihood that you have significant anxiety, dislike, distress, or discomfort regarding your body. You are likely to have significant body image problems and to view yourself as unattractive or unappealing. What you see when you look in the mirror is primarily negative. You have a great deal of difficulty acknowledging positive aspects. You may be concentrating on a specific “flaw,” such as your height, hips, ears, or nose, and generalizing the one “flaw” to yourself as a whole. You are likely to frequently use words like “ugly, unattractive, fat, flawed, or gross” to describe yourself to others. Others are actually likely to see you less critically and more positively than you see yourself.

Total Score 75-112

Your score indicates that you may feel uncomfortable and distressed about your physical appearance. You may focus on the negative and the things you want to change rather than the positive or attractive aspects of your appearance. What you see when you look in the mirror is mostly negative, but you are able to acknowledge some positive aspects. You have difficulty accepting compliments and instead think about what you want to change. You may be someone who is quite critical and harsh with yourself, more so than others would be with you. Your negative views of physical self may make you less confident than you would like to be and can interfere with relationships.

Total Score 38-74

This score indicates that you may have some specific aspects about your body that you do not like, but that your body image is balanced between positive and negative. What you see when you look in the mirror includes both the attractive and less attractive attributes. You may be slightly preoccupied with flaws or characteristics that you find unattractive or unappealing. Overall, however, you have a high level of acceptance regarding your physical attributes and can appreciate some good characteristics along with the things that you would like to change.

Total Score 0-37

What you see when you look in the mirror is mostly positive. A healthy body image is not terribly common, but you are one of those who have it. You are likely to feel quite confident about your physical attributes and while you may not love everything you see, you have a good perspective about your overall look. Most people (if not everyone) can find something that they would like to change about their appearance and you may be this way as well. You do not endorse many items consistent with someone who has a poor body image, and overall your body image can be described as healthy and positive.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.

Assessment Developed by:

Milana Leshinsky, www.AssessmentGenerator.com

Larina Kase, Psy.D., M.B.A., www.PAScoaching.com 215-370-1806