BODY IMAGE QUESTIONNAIRE - HOW DO YOU MEASURE UP?

When you look in the mirror what do you see?, 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?"

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. (1)

Read the following “Facts and Untruths” and “Tips for Improving Body Image” for changing your perception to a more positive one.

“Facts and Untruths”

Untruth: You can and should diet or exercise your way to look like a model and you have failed somehow if you don’t make it.

FACT: Everyone is born with a different body. No one type is better or worse than another. Models have the type of genes that allow them to be very tall and thin. Very few people look like that.

Untruth: Boys only like very thin girls.

FACT: Teenage boys may like to look at very thin, pretty girls. But they prefer to date regular looking girls, who are not intimidating to them during their often awkward-feeling adolescent years. A boy worth dating is one who values a girl for who she is on the inside, and not just what she looks like on the outside.

Untruth: TV stars and magazine models naturally look fabulous.

FACT: TV stars and magazine models spend many hours a day with several make-up and hair artists to get their “look” and they sacrifice a lot to get there. Computer editing programs do wonders to change a star's appearance. Don’t believe everything you see!

Untruth: You have to look, dress, and eat like your friends or you're not "cool," or you don’t fit in.

FACT: Everyone has a different body type and you have to take care of your body in a way that feels comfortable and flattering to you. Being healthy is “cool” and having friends that accept you for who you are is the ultimate “cool.” Real friends will like you for you! (2)

CHECK OUT THIS AWESOME WEBSITE FOR GIRLS: http://www.dove.us/#/cfrb/

Write a negative thought you have had:

______________________________

Replace it with a positive one instead:

______________________________

Eating Disorders are a REAL DANGER!!:

Anorexia Nervosa: OBSESSION WITH BEING THIN and self-discipline to not eat! Intense fear of gaining weight or becoming fat, even though underweight, Distorted PERCEPTION of their body shape and size

Bulimia: OBSESSION WITH BEING THIN but don't have discipline to not eat, so binge and vomit (at least twice a wk for 3 months, take laxatives, and over – exercise. Intense fear of gaining weight or becoming fat, even though underweight, Distorted PERCEPTION of their body shape and size)
"Tips for Improving Body Image take to heart"

1. Remember that your body is the vehicle that will carry you to your future dreams. It is an amazing vehicle. Appreciate what your body can do.

2. Remind yourself that true beauty is not simply skin-deep. Carry yourself with pride, confidence and self-acceptance, which will make you beautiful regardless of whether or not you look like a super model! Remember beauty is a state of mind, not a state of your body.

3. Remind yourself how ridiculous it is to believe that thinner people are happier or “better.”

4. Replace the time you spend criticizing your appearance with more positive, satisfying pursuits!

5. Create a list of people you admire who have contributed to your life:
   -
   -
   -And then ask yourself if their appearance was important to their accomplishments.

6. Expect normal weekly and monthly changes in weight and shape.

7. Be realistic about your size based on your genetic history.

8. Exercise for the joy of moving and to grow stronger and healthier. Don’t exercise simply to lose weight, purge fat or burn calories.

9. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you – as a whole person.

10. Surround yourself with positive people. It is easier to feel good about yourself when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.

11. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person. You can change your thinking!

12. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

13. Become a critical viewer of media’s messages, images, slogans, and attitudes that make you feel bad about your body.

14. Eat healthy and don’t “diet.” Make healthy eating a lifestyle, not a temporary fix.

15. Count your blessings, not your blemishes!!

16. Every night when you go to bed, thank your body for all it’s allowed you to do today.

17. Choose to find beauty in the world and in yourself. (life is too short to waste hating myself) 3)

18. **LOVE WHAT’S GOOD:** __________________________
   (list my good traits and body features) __________________________
   **CHANGE WHAT I COULD:** __________________________
   (list what’s in my) __________________________
   power to change) __________________________
   **ACCEPT WHAT I SHOULD:** __________________________
   (list what I can’t change. __________________________
   and must accept)

Googleimages.com
(1) http://www.edreferral.com/body_image.htm#what%20is%20body%20image
(2) http://www.focusas.com/BodyImage.html
(3) http://wrrc.ucdavis.edu/ABIDE/pdf/body_img.pdf

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