

Dealing With The Stuff That Makes Life Tough:
The Ten Things That Stress Girls Out and How To Cope With Them
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BODY IMAGE QUIZ

1. How do you feel about how you look?
 - a. Very good
 - b. OK
 - c. Mixed Feelings
 - d. Bad, ashamed

2. Are you happy with your current weight?
 - a. Very happy
 - b. Happy enough
 - c. Somewhat unhappy
 - d. Very unhappy

3. Have you ever felt too fat after reading an article that reveals the body weight of a model or actress?
 - a. Yes
 - b. No

4. If you gained 5 pounds, you'd:
 - a. Be OK with that—5 pounds isn't a big deal
 - b. Feel neutral—not good or bad
 - c. Feel somewhat unhappy
 - d. Feel very upset

5. When someone says you look nice, you think:
 - a. I'm looking good
 - b. They don't have anything else to say
 - c. They're trying to make me feel good
 - d. They're lying—they really think I'm gross

Scoring: For questions 1,2,4 & 5, give yourself 1 point for a, 2 points for b, 3 points for c, and 4 points for d. For question 3, give yourself 2 points for a, and 1 point for b.

If you have a total score of 5-9, you're on the road to a good body image. Keep it up! If you scored 10-15, you may have some body image issues to work out. If you scored more than 16, you may have a poor body image.