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.