**Body Image Quiz**

This Quiz is designed to give you some idea of how comfortable you feel with your body at its present shape.

Please answer using the **1 to 5 scale**. **1 means this statement never applies to you**, **2 means rarely applies, 3 is occasionally, 4 is a fair amount, and 5 is frequently**Top of Form

* How I feel about my body can change depending on what I wear, or what others say.
* I wear clothes based more on how I think they make my body appear, rather than for comfort.
* It is difficult for me to look at my body, clothed, in a full length mirror.
* It is difficult for me to look at my body, naked, in a full length mirror.
* Most of my inner comments to my body are negative or judgmental.
* I think I have no right to feel sexy if I am overweight.
* I think I shouldn't wear the clothes I like if they don't make me look as thin as possible.
* I look in mirrors throughout the day to see if I look “ok”.
* I rarely leave the house unless I look “presentable.”
* I feel better or worse about myself on a given day depending on how I look physically.
* I am conscious of how I look when I sit, stand, or move, and I position myself to look the slimmest.
* I can think of many people with whom I would literally trade bodies of possible.
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