

Dealing With The Stuff That Makes Life Tough:  
The Ten Things That Stress Girls Out and How To Cope With Them  
c Jill Zimmerman Rutledge, M.S.W., LCSW  
Contemporary Books/McGraw-Hill, NY 2004

## **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.