

Body hate/ dissociation

I often feel separated and distant from my body—as if it belongs to someone else.

I don't see anything positive or even neutral about my body shape and size.

I don't believe others when they tell me I look OK.

I hate the way I look in the mirror and often isolate myself from others.

Distorted body image

I spend a significant amount of time exercising and dieting to change my body.

My body shape and size keep me from dating or finding someone who will treat me the way I want to be treated.

I have considered changing or have changed my body shape and size through surgical means so I can accept myself.

Body preoccupied/ obsessed

I spend a significant amount of time viewing my body in the mirror.

I spend a significant amount of time comparing my body to others.

I have days when I feel fat.

I am preoccupied with my body.

I accept society's ideal body shape and size as the best body shape and size.

Body acceptance

I base my body image equally on social norms and my own self-concept.

I pay attention to my body and my appearance because it is important to me, but it only occupies a small part of my day.

I nourish my body so it has the strength and energy to achieve my physical goals.

Body ownership

My body is beautiful to me.

My feelings about my body are not influenced by society's concept of an ideal body shape.

I know that the significant others in my life will always find me attractive.