

Body Image Test

This body image test is quick and very simple, answer True or False to each question (if you cannot answer 100% FALSE then answer the question TRUE – check below how to score):

1. Are there aspects of your physical appearance that you really dislike?
2. Do you think more about what you dislike about your looks than about what you like?
3. Do you spend a lot of time worrying about what others think of your looks?
4. Are your looks really important to you in determining your self-worth?
5. Do the same old negative thoughts about your looks keep popping into your head and playing like a broken record?
6. Do you avoid particular activities or situations because you feel physically self-conscious?
7. Do you spend a lot of time, effort, or money attempting to “repair” your looks or trying to achieve physical perfection?
8. Do you often rely on clothes or cosmetics to try to cover up the “flaws” in your appearance?
9. Do you often search for the ultimate diet the most effective body-shaping exercise, the right clothes or the most flattering cosmetics or hairstyle?
10. Do your feelings about your looks get in the way of accepting yourself or enjoying your everyday life?
11. Do you have difficulty accepting the body that you live in? Would you rather be living somewhere else?

Test Score: Total number of FALSE answers you gave, each one point:

10-11 points – You have a positive body Image!

7-9 points – Your poor body image is holding back!

3 points or below – Your poor body image is in drastic need of improvement!

If you scored low, sign up for a sample session and start building a healthy body image today!

Go to: www.thetotalmakeover.com/inquiryform.html and sign up!