



on television.	
10. I frequently cringe or become upset when I look at photos or videos of myself.	
11. I commonly have thoughts like, "I really hate what I see when I look at myself. I notice body parts sticking out, my unattractive skin or hair, or features that are too large or oddly shaped".	
12. I can't stand to look at myself after I have eaten a full meal.	
13. I become highly self conscious when my partner touches a body area that I do not like.	
14. I work hard to make sure that nobody sees me undressed or in minimal clothing such as a bathing suit. If they have to, I make sure that the lights are on low or are off or I am covered up.	
15. I try <i>not</i> to go out if my hair is not fixed just right, my clothes are not perfectly put together or (for women) my makeup is not exactly right.	
16. On a typical day, I have at least five different thoughts about how unattractive my looks are.	
17. I often feel upset about my body shape when I look in the mirror or try clothes on.	
18. It is typical for me to think that people will not love me or that they will love me less because of how I look.	
19. I frequently think, "My life would be much better if I were more attractive."	
20. When I look at myself, I tend to stare at one feature that I think is large, small, or distorted.	
21. I feel uncomfortable around people I think are attractive because I believe they must think I am unattractive. Other people observing me with an attractive person would notice the difference between me and the nice-looking person.	
22. I do <i>not</i> believe that I can wear stylish or fashionable clothes.	
23. I am constantly telling myself that I need to change something about my looks.	
24. I feel envious of people who have had makeovers or plastic surgery because I would like to significantly change how I look.	
25. Others probably judge me negatively, think less of me, or do not like me because of how I look.	



26. I avoid having my picture taken since I do not want to be captured on film forever looking the way I do.	
27. My body needs to be more firm, slim, toned, or tight.	
28. I feel highly uncomfortable when others are looking at me because I am sure they are noticing my physical flaws.	
29. If someone gives me a compliment about my physical appearance, I typically think that they are just saying it to be nice, but that it is not really true.	
30. I am sure that I am significantly less physically appealing than other people.	

My Name Is:	
My Email Address Is:	

Assessment Developed by: Milana Leshinsky and Larina Kase, Psy.D., M.B.A.

Look forward to your Body Image Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center