

DO I RESPECT MY BODY?

True False

- I rarely talk negatively about my body.
- I do not weigh myself more than once a week.
- If appearance did not matter in our society, I would still exercise the same amount that I do now.
- I rarely compare my looks or body to others.
- I rarely feel guilty or anxious after eating a high fat food.
- I can accept a compliment about my appearance.
- If I had to do things that were unhealthy (fasting, taking laxatives, or throwing up) in order to change my weight, I would choose not to do them.
- I feel happy or content, for the most part, with my life at this time.
- I wouldn't panic if I gained a few pounds.
- For the most part, I am satisfied with my current body shape and size.

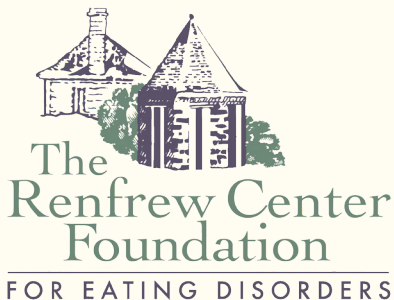
Count the number of questions you answered true and read below to see if you respect your body.

8 - 10 You seem satisfied with your body! Be a role model for others.

4 - 7 You may be a little too self-critical.

0 - 3 Are you having a rough time right now? Help is available at The Renfrew Center.
Call 1-800-RENFREW to schedule an assessment.

**This quiz was adapted from The University of Florida Counseling Services.*



*For more information, please contact The Renfrew Center Foundation
at 1-877-367-3383 or visit www.renfrewcenter.com.*

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