

Do I Respect My Body?



The Renfrew Center Foundation was established in 1990 due to the strong need for public and professional awareness regarding anorexia, bulimia and binge eating disorder. Today, the Foundation is dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

1. I rarely talk negatively about my body. True False
2. I do not weigh myself more than once a week. True False
3. If appearance did not matter in our society, I would still exercise the same amount that I do now. True False
4. I rarely compare my looks or body to others. True False
5. I rarely feel guilty or anxious after eating a high fat food. True False
6. I can accept a compliment about my appearance. True False
7. 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. True False
8. I feel happy or content, for the most part, with my life at this time. True False
9. I wouldn't panic if I gained a few pounds. True False
10. For the most part, I am satisfied with my current body shape and size. True False

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