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The information in this questionnaire reflects current medical knowledge. The recommendations and information are appropriate in most cases; however, they are not a substitute for professional diagnosis and treatment. For specific information, the publisher suggests that you consult a physician. The names of organizations, products, or alternative therapies that may appear here are given for informational purposes only. Their inclusion does not imply an endorsement, nor does the omission of any organization, product, or alternative therapy indicate a disapproval.

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The My Body Questionnaire will help you gain insight about the way you think about your body. You will learn how you compare your body to your physical ideal and how your external looks affect your inner person and vice versa. You'll also see who, over the years, influenced your body image. See if these questions trigger any emotions in you, and try to explore these emotions. Thinking and feeling are closely related.

### MY BODY QUESTIONNAIRE

I would say that my body is: (circle one)

|              |         |                |
|--------------|---------|----------------|
| healthy      | neutral | unhealthy      |
| functioning  | neutral | disabled       |
| active       | neutral | passive        |
| warm         | neutral | cool           |
| young        | neutral | old            |
| soft         | neutral | rough          |
| firm         | neutral | flabby         |
| slim         | neutral | plump          |
| dry          | neutral | sweaty         |
| pretty       | neutral | plain          |
| strong       | neutral | weak           |
| fragrant     | neutral | smelly         |
| relaxed      | neutral | tense          |
| lovable      | neutral | unlovable      |
| touchable    | neutral | untouchable    |
| responsive   | neutral | unresponsive   |
| affectionate | neutral | unaffectionate |
| sexual       | neutral | nonsexual      |
| energetic    | neutral | fatigued       |
| enjoyable    | neutral | unenjoyable    |
| acceptable   | neutral | unacceptable   |
| useful       | neutral | useless        |
| hardworking  | neutral | lazy           |

My partner would say my body is:

|             |         |           |
|-------------|---------|-----------|
| healthy     | neutral | unhealthy |
| functioning | neutral | disabled  |
| active      | neutral | passive   |
| warm        | neutral | cool      |
| young       | neutral | old       |
| soft        | neutral | rough     |

|              |         |                |
|--------------|---------|----------------|
| firm         | neutral | flabby         |
| slim         | neutral | plump          |
| dry          | neutral | sweaty         |
| pretty       | neutral | plain          |
| strong       | neutral | weak           |
| fragrant     | neutral | smelly         |
| relaxed      | neutral | tense          |
| lovable      | neutral | unlovable      |
| touchable    | neutral | untouchable    |
| responsive   | neutral | unresponsive   |
| affectionate | neutral | unaffectionate |
| sexual       | neutral | nonsexual      |
| energetic    | neutral | fatigued       |
| enjoyable    | neutral | unenjoyable    |
| acceptable   | neutral | unacceptable   |
| useful       | neutral | useless        |
| hardworking  | neutral | lazy           |

I would say my partner's body is:

|              |         |                |
|--------------|---------|----------------|
| healthy      | neutral | unhealthy      |
| functioning  | neutral | disabled       |
| active       | neutral | passive        |
| warm         | neutral | cool           |
| young        | neutral | old            |
| soft         | neutral | rough          |
| firm         | neutral | flabby         |
| slim         | neutral | plump          |
| dry          | neutral | sweaty         |
| pretty       | neutral | plain          |
| strong       | neutral | weak           |
| fragrant     | neutral | smelly         |
| relaxed      | neutral | tense          |
| lovable      | neutral | unlovable      |
| touchable    | neutral | untouchable    |
| responsive   | neutral | unresponsive   |
| affectionate | neutral | unaffectionate |
| sexual       | neutral | nonsexual      |
| energetic    | neutral | fatigued       |
| enjoyable    | neutral | unenjoyable    |
| acceptable   | neutral | unacceptable   |
| useful       | neutral | useless        |
| hardworking  | neutral | lazy           |

My partner would say his or her body is:

|              |         |                |
|--------------|---------|----------------|
| healthy      | neutral | unhealthy      |
| functioning  | neutral | disabled       |
| active       | neutral | passive        |
| warm         | neutral | cool           |
| young        | neutral | old            |
| soft         | neutral | rough          |
| firm         | neutral | flabby         |
| slim         | neutral | plump          |
| dry          | neutral | sweaty         |
| pretty       | neutral | plain          |
| strong       | neutral | weak           |
| fragrant     | neutral | smelly         |
| relaxed      | neutral | tense          |
| lovable      | neutral | unlovable      |
| touchable    | neutral | untouchable    |
| responsive   | neutral | unresponsive   |
| affectionate | neutral | unaffectionate |
| sexual       | neutral | nonsexual      |
| energetic    | neutral | fatigued       |
| enjoyable    | neutral | unenjoyable    |
| acceptable   | neutral | unacceptable   |
| useful       | neutral | useless        |
| hardworking  | neutral | lazy           |

If your mother completed this questionnaire about your body, would her answers resemble yours or your partner's?

If your father completed this questionnaire about your body, would his answers resemble yours or your partner's?

If your partner's mother completed this questionnaire about your partner's body, would her answers resemble yours or your partner's?

If your partner's father completed this questionnaire about your partner's body, would his answers resemble yours or your partner's?

Who was most influential in forming your body image? (circle one)

mother father peers boyfriends or girlfriends teachers  
yourself popular culture other \_\_\_\_\_

Who was most influential in forming your partner's body image?

mother father peers boyfriends or girlfriends teachers  
him or herself popular culture other \_\_\_\_\_

If you could change one thing about your body, what would it be?

Who was most influential in forming your attitude toward touching?  
mother father peers boyfriends or girlfriends teachers  
yourself popular culture religion other \_\_\_\_\_

Who was most influential in forming your attitude toward masturbation?  
mother father peers boyfriends or girlfriends teachers  
religion yourself popular culture other \_\_\_\_\_

Who was most influential in forming your attitude about sex?  
mother father peers boyfriends or girlfriends teachers  
popular culture religion yourself other \_\_\_\_\_

Who was most influential in forming your attitude about pleasure in general?  
mother father peers boyfriends or girlfriends teachers  
religion yourself other \_\_\_\_\_

Who was most influential in forming your self-confidence and general attitude toward yourself?  
mother father peers boyfriends or girlfriends teachers  
yourself other \_\_\_\_\_

Do you think you have been fair to yourself in completing this questionnaire?

Do you think you have been fair to your partner in completing this questionnaire?

Do you think you have been fair to your own body in completing this questionnaire?

What do you think you have to do to accept your body or change your body image?