



Appearance Assumptions



Read each statement. Using the 1 to 5 scale, rate how much you agree or disagree with the statement.

1 Strongly Disagree	2 Mostly Disagree	3 Neither Disagree nor Agree	4 Mostly Agree	5 Strongly Agree
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___ 1. Physically attractive people have it all.



___ 2. The first thing people notice about me is what's wrong with the way I look.

___ 3. The way a person looks on the outside is a sign of the person inside.

___ 4. If I could look just as I wish, my life would be much happier.

___ 5. By controlling how I look, I can control my friendships and how I feel about myself.

___ 6. I should always do whatever I can to look my best.



___ 7. Media messages make it seem impossible for me to be successful and happy unless I look a certain way.

___ 8. The only way I could ever like my looks would be to change them.

Source: Cash, Thomas. *The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks*. California: New Harbinger Publications, 1997.