

10 Appearance Assumptions



Read each statement. Using the 1 to 5 scale below, rate how closely the statement matches your own personal belief. Be completely honest with yourself.

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 that people will notice about me is what's wrong with my appearance.
- ___ 3. One's outward physical appearance is a sign of the inner person.
- ___ 4. If I could look just as I wish, my life would be much happier.
- ___ 5. If people knew how I *really* look, they would not like me.
- ___ 6. By controlling my appearance, I can control my social and emotional life.
- ___ 7. My appearance is responsible for much of what has happened to me in my life.
- ___ 8. I should always do whatever I can to look my best.
- ___ 9. Media messages make it difficult for me to be satisfied with my appearance.
- ___ 10. 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.