Appearance Assumptions

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

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly Disagree</td>
<td>Mostly Disagree</td>
<td>Neither Disagree nor Agree</td>
<td>Mostly Agree</td>
<td>Strongly Agree</td>
</tr>
</tbody>
</table>

__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.