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.

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<tbody>
<tr>
<td>1</td>
<td>Strongly Disagree</td>
<td>2</td>
<td>Mostly Disagree</td>
<td>3</td>
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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.