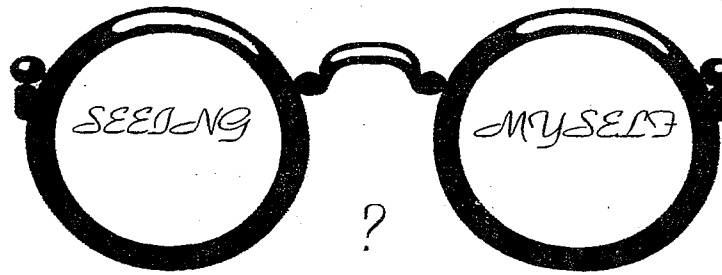


HOW AM I



Directions: Using the scale below, place the number next to each body part or other characteristic listed that describes your feeling about that part of yourself.

- Scale:
- | | |
|---|--|
| 1. I have strong feelings and wish I could change this. | 3. I have no particular feelings about this. |
| 2. I don't like this, but I can put up with this. | 4. I am satisfied with this. |
| | 5. I consider myself fortunate with this. |

_____ hair	_____ weight
_____ facial complexion	_____ shoulder width
_____ body hair	_____ arms
_____ nose	_____ chest
_____ fingers	_____ eyes
_____ wrists	_____ hips
_____ waist	_____ lips
_____ back	_____ legs
_____ ears	_____ teeth
_____ chin	_____ forehead
_____ ankles	_____ feet
_____ neck	_____ voice
_____ body build	_____ knees
_____ profile	_____ face
_____ height	_____

Scoring: Add up all the point values you assigned to the characteristics and divide the sum by ~~40~~ ^{30/29}.

Your score should fall between 1 and 5.

A score closer to 5 indicates you are very comfortable with your body image. A score closer to 1 indicates that you are very uncomfortable. You may need to think about changing your attitude to improve your self esteem about your body image.