

## Body Self-Esteem Assessment

### Directions:

Using the scale, place the number alongside each body part or body function that represents your feelings about that part of yourself.

### Scale:

1 = Have strong feelings and wish to change

2 = Do not like, but can tolerate

3 = have no particular feelings one way or the other

4 = Am satisfied

5 = Would not change and consider myself fortunate

### Body Part or Function:

_____ hair	_____ appetite	_____ shoulder width
_____ hands	_____ fingers	_____ energy level
_____ nose	_____ waist	_____ shape of head
_____ wrists	_____ ears	_____ body build
_____ back	_____ weight	_____ ankles
_____ chin	_____ profile	_____ height
_____ neck	_____ chest	_____ eyes
_____ arms	_____ lips	_____ skin texture
_____ hips	_____ teeth	_____ forehead
_____ legs	_____ voice	_____ health
_____ feet	_____ posture	_____ face
_____ knees	_____ facial complexion	_____

### Scoring:

Now add up the point values you assigned and divide the total by 35. Your score should fall between 1 and 5. If your score is below 2.5, you do not hold your body in high esteem. If your score is above 2.5, you do think well of your body. In particular, look at those items you assigned a 1 or 2. Those are the parts of your body or bodily functions that you think are most in need of improvement. Concentrate on making those parts or functions better and you will think better of your body.