

LABORATORY 9.4



Complete Lab 9.4 online at
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Name _____ Date _____
Instructor _____ Section _____

Assessing Body Image

Respond to the questions below to assess your body image.

1. Where do you get your ideas about the “ideal body”? If more than one applies, how do they rank?
 - a. TV/movies _____
 - b. friends (including partners) _____
 - c. parents and family _____
 - d. professional athletes _____
2. What other sources contribute to your image of the “ideal body”?

Fill in the blanks to complete the following statements about your body image. Use extra paper if needed.

3. The thing I like most about my body is
 4. The thing I like least about my body is
 5. When I eat a big meal, I feel
 6. When I look in the mirror, I see
 7. I like/dislike (choose one) shopping for clothes because
 8. I feel self-conscious when
 9. Compared to others, I feel my body is
 10. In the presence of someone I find attractive, I feel
 11. I feel that my appearance is
 12. One word to describe my body is
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INTERPRETATION

Now review your answers to the previous questions and think about whether they are positive or negative. To improve a negative body image, keep the following strategies in mind:

- Focus on good physical health. Engage in physical activities that you enjoy.
- Remember that your self-worth is not dependent on how you look.
- Avoid chronic, restrained dieting.
- Recognize that there is much more to you than your body. Think about the qualities that you like best about yourself, and be sure to appreciate them.