

# Do I Respect My Body?

True False

- I rarely talk negatively about my body.
- I do not weigh myself more than once a week.
- If appearance did not matter in our society, I would still exercise the same amount that I do now.
- I rarely compare my looks or body to others.
- I rarely feel guilty or anxious after eating a high fat food.
- I can accept a compliment about my appearance.
- If I had to do things that were unhealthy (fasting, taking laxatives, or throwing up) in order to change my weight, I would choose not to do them.
- I feel happy or content, for the most part, with my life at this time.
- I wouldn't panic if I gained a few pounds.
- For the most part, I am satisfied with my current body shape and size.

Count the number of questions you answered true and read below to see if you respect your body.

**8 - 10** You seem satisfied with your body! Be a role model for others.

**4 - 7** You may be a little too self-critical. Get more information from our dietitian or from the Counseling Center.

**0 - 3** Are you having a rough time right now?  
Please visit the **Counseling Center**, **Student Health Services**, or the **Campus Recreation Center**. You can also drop by the **Wellness Center** in the Marshall Student Center for information. Any of these departments can provide information about food, weight or body-image issues:

*This quiz was adapted from The University of Florida Counseling Services.*