

Do I Respect My Body?

True

False

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely talk negatively about my body. |
| <input type="checkbox"/> | <input type="checkbox"/> | I do not weigh myself more than once a week. |
| <input type="checkbox"/> | <input type="checkbox"/> | If appearance did not matter in our society, I would still exercise the same amount that I do now. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely compare my looks or body to others. |
| <input type="checkbox"/> | <input type="checkbox"/> | I rarely feel guilty or anxious after eating a high fat food. |
| <input type="checkbox"/> | <input type="checkbox"/> | I can accept a compliment about my appearance. |
| <input type="checkbox"/> | <input type="checkbox"/> | If I had to do things that were unhealthy (fasting, taking laxatives, or throwing up) in order to change my weight, I would choose <u>not</u> to do them. |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel happy or content, for the most part, with my life at this time. |
| <input type="checkbox"/> | <input type="checkbox"/> | I wouldn't panic if I gained a few pounds. |
| <input type="checkbox"/> | <input type="checkbox"/> | 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 an organization such as The Renfrew Center by calling 1-800-RENFREW, visiting www.renfrewcenter.com or sending an e-mail to info@renfrewcenter.com.
- 0 - 3** Are you having a rough time right now? Help is available at The Renfrew Center by calling 1-800-RENFREW, visiting www.renfrewcenter.com or sending an e-mail to info@renfrewcenter.com.

For more information about food, weight or body-image issues, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit www.renfrew.org.