

DO I GIVE MY BODY R-E-S-P-E-C-T?

TRUE

FALSE

I rarely talk negatively about my body.

If appearance didn't matter in our culture, I would still exercise and eat the same as I do now.

I rarely compare my looks or body to others.

I eat when I'm hungry.

I rarely feel guilty or anxious after eating "junk food".

I stop eating when my body tells me I'm full.

When I look in the mirror I rarely criticize myself.

I believe others when they tell me I look good.

I would not fast, use laxatives or throw up to try to change my weight, size or shape.

I feel happy or content, for the most part, with my life.

I wouldn't freak out if I gained a few pounds.

For the most part, I am satisfied with my current body shape and size.

Count the number you checked as true and find your results.

10-12

You seem satisfied with your body! Share your body positivity tips with others! Continue to practice self-care.

4-9

You may be a little too self-critical. Get more Love Your Body information from the MU Women's Center!

0-3

Body positivity and loving our bodies is hard. We all need practice giving our bodies praise. Help is available on our campus. You can talk to someone at the Student Health Center or the Counseling Center, or for more information contact the MU Women's Center.

Student Health Center

573-882-7481

1101 Hospital Drive

studenthealth.missouri.edu

MU Women's Center

573-882-6621

G108 MU Student Center

womenscenter.missouri.edu

Counseling Center

573-882-6601

Parker Hall

counseling.missouri.edu

Adapted from the Renfrew Center Foundation handouts by the Women's Center.