
Because of my weight...	Always True	Sometimes True	Never True
I feel physically uncomfortable.			
I feel socially unacceptable.			
I am self-conscious in social situations.			
I am afraid of being rejected.			
I am less productive than I could be at work.			
I am afraid to go on job interviews.			
I feel clumsy and awkward.			
I avoid recreational or social activities that involve physical activity.			
I feel unsure of myself.			
I am very moody.			
I have difficulty being assertive.			
I don't like myself.			
I feel out of control.			
I spend a lot of time worrying about my weight.			
I do not feel sexually attractive.			
I have little or no sexual desire.			
I don't want anyone to see me undressed.			
I do not enjoy sexual activity.			
I have difficulty finding clothes to fit me.			
I avoid activities where wearing a bathing suit or shorts is expected.			