

Personal Health Portfolio

Chapter 8 Self-Esteem and Body Image

The goal of this activity is to help you think about your self-esteem and body image. Consider the following statements and then circle the response indicating how strongly you agree or disagree with each of them.

1. On the whole I am satisfied with myself.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
2. I have a number of good qualities.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
3. I am able to do things as well as most other people.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
4. I have done things I am proud of.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
5. I wish I had more respect for myself.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
6. I feel more in control when I restrict the food I eat.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
7. I consistently compare myself to others.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
8. I make sure to exercise if I have eaten too much.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
9. I would agree to cosmetic surgery if it were free.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
10. I am anxious about how people perceive or judge me.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
11. I eat to make myself feel better when I am sad, upset, or lonely.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
12. I often skip meals to lose weight.	Strongly agree	Agree	Neutral	Disagree	Strongly disagree

CRITICAL THINKING QUESTIONS

Consider your responses and answer the following questions.

- Statements 1 through 5 relate to self-esteem. How do you think you do in regard to your self-esteem? What areas do you feel are your strengths? How are you supported in maintaining high self-esteem? Are you supported by family, friends, and colleagues? What about community factors—academics, sports, or student organizations? How about larger policies, such as institutions or social policies?
- In areas of lower self-esteem, what are some of the factors that make it difficult or contribute to feelings of self-doubt? Are there areas that you could strengthen or change? Are there ways that family, friends, or community could help you?

4. Are there areas of concern for you in your body image responses? How might factors in your environment be contributing to these concerns? Is there anything you would like to change or could change in your environment to reduce the impact of these factors?

Note: This activity is not intended to diagnose eating disorders. The intent is to help you think about the factors discussed in the chapter and apply them to your life.