

Avoidance of situations because of your preoccupation

The next questionnaire focuses on the extent to which you avoid situations, people, or activities because of your preoccupation with your appearance. You can use a number of the items you avoid in order to test out your fears in Chapter 7 (Taking action).

QUESTIONNAIRE 5.4: AVOIDING SITUATIONS

What do you avoid because of the way you feel about your feature(s)? Please read the situations below and in the second column rate the degree of anxiety that you anticipate in each of the situations on a scale between 0 and 100 where '0' is no anxiety at all and '100' is total panic. In the third column, rate the degree to which you currently avoid each of these situations on the following scale:



Please add other situations or activities that you avoid at the end of the list.

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Situation or activity	Degree of anxiety (0–100)	Frequency (0–4)
I avoid going to a party or social gathering because of my feature(s).		
I avoid having a medical examination or treatment because of my feature(s).		
I avoid going to a public changing room because of my feature(s).		
I avoid exercising in a gym or playing a sport because of my feature(s).		
I avoid wearing a swimming costume on a beach because of my feature(s).		
I avoid being physically close to someone because of my feature(s).		
I avoid making love or intimacy because of my features (or only under certain conditions e.g. lights off or wearing make-up).		
I avoid certain types of clothes because of my features (please specify).		
I avoid certain types of lighting because of my features (please specify).		
I avoid looking at pictures in magazines or on television because of my feature(s).		
I avoid all or certain mirrors that are unsafe because of my features (please specify).		

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Situation or activity	Degree of anxiety (0–100)	Frequency (0–4)
I avoid having a photo or video taken by someone else because of my feature(s).		
I avoid looking at old photographs because of my feature(s). (Please say if you have destroyed them.)		
I avoid having my hair cut at all.		
I avoid having my hair cut at a hairdresser's.		
I avoid looking at my features in mirrors or reflective surfaces.		
Others (please specify).		