

Setting yourself on the right course 109

The impact of your symptoms on your life

The next step is to rate the impact of your problems on your everyday life. We have provided a standard questionnaire that serves this purpose. It can be repeated at regular intervals (for example fortnightly) to monitor your progress.

QUESTIONNAIRE 5.6: RATING THE IMPACT ON YOUR LIFE

1. If you have a long-term partner, please answer a. If you do not have a partner, please answer b.

a. To what extent does your preoccupation with your feature(s) affect your relationship with an existing partner (e.g. affectionate feelings, number of arguments, enjoying activities together)?



b. If you do not have a long-term partner, to what extent does your preoccupation with your feature(s) currently affect you and your potential partner when you are dating or developing a relationship?



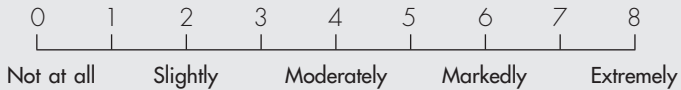
2. To what extent does your preoccupation with your feature(s) currently have an effect on a sexual relationship (e.g. enjoyment of sex, frequency of sexual activity)?



110 OVERCOMING BODY IMAGE PROBLEMS

Tick box, if you have no sexual relationship for reasons other than avoiding sex because of your preoccupation with your feature(s).

3. To what extent does your preoccupation with your feature(s) currently interfere with your ability to work or study, or your role as a homemaker? (Please rate this even if you are not working or studying: we are interested in your ability to work or study.)



How many working days have you lost in the past year because of your preoccupation with your feature(s)?

4. To what extent does your preoccupation with feature(s) currently interfere with your social life with other people (e.g. parties, pubs, clubs, outings, visits, home entertainment)?



5. To what extent does your preoccupation with your feature(s) currently interfere with your private leisure activities done alone, (e.g. reading; gardening; collecting; walking alone, etc.)?



6. To what extent does your preoccupation with your feature(s) currently interfere with your home management (e.g. cleaning, tidying, shopping, cooking, looking after your home or children, paying bills, etc)?



7. To what extent does your preoccupation with your feature also cause you difficulty in its functioning? (For example, if you dislike the shape of your jaw, it might cause difficulty with a poor bite with your teeth; or if your nose is crooked, it might cause difficulty breathing.)

