

## QUESTIONNAIRE 13.1: IDENTIFYING THE PROBLEM FEATURE

1. Do your body image problems affect one area of your body or one feature?

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2. Is your condition noticeable to other people? Do others currently comment or tease you about your appearance?

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3. Have you tried to manage your condition using the psychological methods outlined in this book?

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4. Have you had cosmetic surgery in the past? If yes, were you satisfied with the outcome?

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5. Do you have a condition such as body dysmorphic disorder, depression or an eating disorder?

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6. Have you had any major changes or additional stress in your life recently?  
Or has a relationship recently ended?

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7. Are you under pressure from others to consider surgery?

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8. Are you able to tell people exactly what you dislike about your feature?

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9. Are you able to pinpoint exactly how you would like your feature to change? Write down exactly how you would like to change your appearance. Use very objective language (e.g. longer, shorter, bigger, rounder, rather than value judgements such as nicer, more attractive, normal)

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10. What are the chances that surgery can achieve this change? (You may not know this without talking to a surgeon.)

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11. How do you expect your life to be different after surgery? Write this down as specifically as you can:

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12. After surgery I will be able to . . .

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13. If I am able to do the things I have listed above, I hope to achieve some longer-term goals such as . . .  
(Have a look at Moira's case above to give you some ideas.)

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14. Have you been able to identify very clear target behaviors that you hope to achieve?

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15. Can you achieve them without cosmetic surgery?

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