QUESTIONNAIRE 5.1: IDENTIFYING THE PROBLEM **FEATURE**

Features causing concern

Describe the feature(s) of your body that you dislike or would like to improve.

	Now	In the tuture
irst feature		

J		

98 OVERCOMING BODY IMAGE PROBLEMS

Second feature		
Third feature		
Fourth feature		
Fifth feature		
Now draw a pie chart and esconcern allocated to each feature percentages add up to 100 pe	e. Please ensure t	
From now on, we will refer to these	concerns as your 'fe	eature(s)'.