**Body Image and Self Perception Assessment Tool**

**Introduction**

Welcome to the Body Image and Self-Perception Assessment—a reflective tool designed to help you explore your relationship with your body and physical self. How you perceive and appreciate your body plays a significant role in your overall well-being, self-esteem, and the way you interact with the world. Whether you have struggled with feelings of inadequacy, encountered societal pressures about appearance, or experienced challenges in accepting your physical self, this worksheet is here to guide you toward greater self-acceptance and a more compassionate view of your body.

In our journey of faith and personal growth, it is important to remember that you are wonderfully made. As Psalm 139:14 reminds us, "I praise you because I am fearfully and wonderfully made." This truth offers a powerful foundation for transforming how you view your body—from an object of external judgment to a cherished gift from God. By reflecting on your experiences, beliefs, and emotions related to your body, you can begin to dismantle negative self-perceptions and build a healthier, more loving relationship with yourself.

This worksheet is structured to prompt thoughtful reflection on various aspects of body image, including how you feel about your physical appearance, the impact of societal and internal messages, and the ways you care for your body. Through guided questions and reflection prompts, you will have the opportunity to identify both challenges and strengths in your self-perception. The insights you gain may inspire positive changes, whether through personal practices, supportive conversations, or further exploration with a trusted counselor or spiritual mentor.

Take your time with each question, and allow your reflections to be honest and compassionate. Every insight is a step toward embracing your true self and nurturing a body image that honors the unique creation you are.

**Instructions**

For each of the following statements, please indicate how strongly you agree with or relate to the statement by using the following scale:

* **0 – Not at all**
* **1 – Slightly**
* **2 – Moderately**
* **3 – Very much**
* **4 – Extremely**

After each statement, use the provided space to write down specific examples, experiences, or thoughts that illustrate your relationship with your body and physical self. Your reflections will help you understand your current body image and identify areas for growth and healing.

**Self-Assessment Questions and Reflection Prompts**

1. **I feel comfortable and confident in my own skin.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe a moment when you felt truly at ease with your body. What factors contributed to that feeling?
2. **I often compare my appearance to societal ideals or to others.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on how these comparisons affect your self-esteem. What messages do you think society sends about beauty, and how do they influence you?
3. **I am critical of my body when I focus on its perceived flaws.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Identify specific aspects of your appearance that you tend to criticize. How do these thoughts impact your mood and daily life?
4. **I recognize and appreciate the strengths and capabilities of my body, beyond just its appearance.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* List some things your body allows you to do that you are grateful for. How does acknowledging these abilities affect your self-perception?
5. **I feel pressured to conform to certain physical ideals or standards.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Reflect on any experiences where external pressures have influenced how you view your body. How do you cope with these expectations?
6. **I treat my body with care through healthy habits, such as proper nutrition, exercise, and rest.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Describe your self-care routine. What activities make you feel nurtured and supported physically?
7. **I am able to accept compliments about my appearance without feeling discomfort or disbelief.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Share a time when receiving a compliment positively influenced your self-image. What did that experience teach you about your self-worth?
8. **I feel that my body is a gift from God, and I strive to honor it through my actions and lifestyle.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* How does your faith shape your view of your body? Reflect on a scripture or spiritual practice that reinforces this perspective.
9. **I sometimes avoid social or intimate situations because of insecurity about my body.**  
   ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
   *Reflection:* Provide an example of a time when body image concerns influenced your social interactions. How did it affect your relationships?
10. **I engage in self-reflection to understand and improve my body image.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Describe any practices you use—such as journaling, meditation, or prayer—that help you reflect on and appreciate your body.
11. **I believe that my self-worth is not solely determined by my physical appearance.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Reflect on how you define your worth. What qualities or achievements do you value most about yourself?
12. **I feel empowered when I focus on my body's strengths and capabilities rather than its flaws.**  
    ☐ 0  ☐ 1  ☐ 2  ☐ 3  ☐ 4  
    *Reflection:* Share an experience where focusing on what your body can do uplifted your mood or boosted your confidence.

**Scoring and Analysis**

**Calculating Your Score:**  
Add your scores for each question to determine your overall Body Image and Self-Perception score (maximum possible score: 48).

* **High Scores (36-48):**  
  These scores indicate a positive, affirming relationship with your body. You likely appreciate your physical self and focus on your strengths, which supports a healthy self-image.
* **Moderate Scores (24-35):**  
  Your responses suggest that you have a generally balanced view of your body but may still encounter moments of self-doubt or critical self-judgment. Reflect on the areas with lower scores and consider strategies to nurture greater self-acceptance.
* **Low Scores (Below 24):**  
  A lower score may indicate significant challenges in accepting your body and may reflect ongoing struggles with negative self-perception. It might be helpful to explore additional support or self-care practices to improve your relationship with your physical self.

**Analysis:**  
Review your reflections to identify recurring themes in how you view and treat your body. Consider:

* Which areas evoke the most positive feelings, and how can you build on these strengths?
* Where do you notice persistent self-criticism, and what alternative, compassionate thoughts could you adopt?
* How do your self-care practices support or hinder your self-image?

Use these insights to develop actionable steps for enhancing your self-perception and nurturing a healthier body image.

**Next Steps and Further Resources**

Improving your body image and self-perception is a journey that intertwines physical, emotional, and spiritual health. Based on your reflections, consider exploring these additional resources on our website to further support your growth:

* **General Emotion Worksheets:** Deepen your understanding of the emotions that influence your self-image and learn how to manage them effectively.
* **Self-Compassion and Kindness Assessment:** Enhance your ability to treat yourself with the same care and compassion you extend to others.
* **Releasing Emotional Baggage:** Discover strategies to let go of past experiences and negative beliefs that may be impacting your body image.
* **Mindfulness and Present Moment Awareness Worksheets:** Develop practices to stay present and appreciate your body’s unique strengths and capabilities.
* **Building Emotional Resilience:** Strengthen your capacity to bounce back from setbacks and maintain a positive self-image.

Additionally, our website offers guided practices, educational videos, and curated reading lists that address topics of mental, emotional, and spiritual health. Whether you are looking to transform your self-talk, enhance your self-care routine, or find inspiration through personal stories, you will find comprehensive support to empower your journey toward a more positive body image.

**Disclaimer:**  
This worksheet is intended for self-assessment and informational purposes only and is not a substitute for professional therapy or counseling. If you experience persistent distress or find that negative body image significantly affects your daily life, please consider seeking support from a qualified mental health professional.

Take your time with these reflections, and let each insight guide you toward a more compassionate and empowering view of yourself. Your journey toward self-acceptance is an essential step toward overall well-being and personal growth.