

## what's your body confidence?

**1** *The idea of shopping for a new swimsuit next summer makes you want to:*

- A. book a trip to the beach. You love picking out the perfect swimsuits that show off your absolute best features.
- B. get it over with. You don't mind the bathing suit pursuit, but the idea of being practically nude under bright lights is definitely no day at the beach.
- C. land a killer internship in Alaska for the summer.

**2** *If you could only wear one outfit for two weeks straight, it would be:*

- A. a sundress and strappy sandals.
- B. jeans and a tee.
- C. X-large PJs.

**3** *When you change for gym class, you typically:*

- A. change in front of your locker, no worries.
- B. face the wall and dress fairly quickly—this is not a floor show.
- C. barricade yourself inside a bathroom stall with the door bolted shut.

**4** *Viewing yourself in the mirror sans clothes is:*

- A. a sight to behold!
- B. tolerable to acceptable.
- C. cruel and unusual punishment.

**5** *You would describe your bod as:*

- A. a work of art—Vermeer would have been inspired.
- B. healthy. Hey, it does what it's supposed to.
- C. the bane of your existence.



**6** When you see a photo of yourself, your first thought is:

- A. “I really need to get an agent.”
- B. “Some days are better than others, but not too shabby.”
- C. “From here on out, photographing me is officially prohibited.”

**7** When walking between two close desks in class, you:

- A. plow right through without hesitation.
- B. walk through sideways, inconspicuously, of course.
- C. avoid the desk space altogether—even if it means walking a lap around the whole room.

## Scoring

### Mostly A's: body proud

You go, girl! Seriously, you're one confident cat. You like what you see in the mirror and have no problem showing the world that you have nothing to feel embarrassed about. As long as you're careful to appreciate your fine self without body-boasting, you have no worries. Continue doing what you're doing—being exactly who you are!

### Mostly B's: body double

You seem to be walking the body confidence balance beam. You have moments when you wouldn't mind covering up in baggy sweats, but also times when you feel fabulous. But most days, you don't really even give it much thought. Why obsess over your body? All in all, you feel healthy and strong because you take care of yourself.

### Mostly C's: body bummed

You have a heavy issue here, and it's not necessarily your weight. It's one of two possibilities: 1) You are genuinely overweight and feeling terrible about yourself, or 2) You are perfectly healthy but can't see yourself for what you are. No matter which one is you, wake up, girl! There's no need to go through life feeling this way. Get to your doctor to have an honest talk. You'll get the real story on whether or not you have a weight problem. He or she can give you advice on being your healthiest—and refer you to a counselor who can help you deal with your negative thoughts.