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There are no hopeless situations or people.

The Body/Confidence Inventory

The relationship you have with your body can greatly affect your confidence. Some aspects of your physical appearance can be changed others cannot. Some aspects of your physical performance can be changed, others cannot. Awareness of your confidence or your body's characteristics is knowledge. Knowledge will give you power. Power to accept the things you cannot change and to make goals to change the things you can.

In column 1, line furthest left of the statement, give yourself a score from 1 – 5 based on how the statement describes you.

- 1 - strongly disagree 2 – somewhat disagree 3 – neither agree or disagree
- 4 – somewhat agree 5 – strongly agree

In column 2, rate how important this physical attribute is to you.

- 0 – not important 1 - somewhat important 2 – important 3 – very important

In column 3, decide whether this attribute is within your ability to change or not. Changeable attributes can be modified without cosmetic surgery.

- C** – Changeable **UC** - Unchangeable

In column 4, once you have identified attributes that can change, prioritize your focus with this scale.

- 1 – highest priority 2 – second highest priority 3 – third highest priority

1	2	3	4	
_____	_____	_____	_____	I am happy with my hair.
_____	_____	_____	_____	I am happy with my bone structure.
_____	_____	_____	_____	I like my facial features.
_____	_____	_____	_____	I am happy with my upper body.
_____	_____	_____	_____	I am happy with my waist and stomach.
_____	_____	_____	_____	I am happy with my lower body.
_____	_____	_____	_____	I am satisfied with my weight.
_____	_____	_____	_____	I like my height.
_____	_____	_____	_____	I have good muscle tone.
_____	_____	_____	_____	My body performs well for my responsibilities.
_____	_____	_____	_____	My body helps me achieve my desires.
_____	_____	_____	_____	My body is healthy.
_____	_____	_____	_____	My body helps me achieve God's purposes.

Evaluation of Inventories

Your personal inventories are for your eyes only. They are a present evaluation: a barometer of your situation today. Over the next several months, if you practise what you learn in this program, your barometer will change, indicating an improvement in your confidence level.

Personal inventories generally reveal three things.

Your situation may not be as overwhelming as you thought.

In that case you may have experienced some level of hope already.

Your situation is exactly what you expected.

In that case, your self-awareness is accurate and healthy.

Your situation may be worse than you thought.

In that case, you have moved past avoiding the issues and have exposed them to the truth. You are now in a position to experience great personal growth through this program.

Breaking It Down

Your **Body/Confidence** inventory reveals the thoughts about your personal physical appearance and performance. It identifies potential areas for change as well as those areas that need to be accepted as they are.

Using the body confidence inventory as a catalyst for change can be intimidating. I recommend you consider one area for change at a time. Choose the easiest one first. For example: Once I found a hairstyle that I liked, my confidence improved. With increased confidence in one area, the next area is easier to tackle.