

THE BIQ

Instructions. Please read carefully:

Each item on this questionnaire deals with a different physical characteristic. For each characteristic, think about how you would describe yourself as you actually are. Then think about how you wish you were. The difference between the two reveals how close you come to your personal ideal. In some instances, your looks may closely match your ideal. In other instances, they may differ considerably. On **Part A** of each item, rate **how much** you resemble your personal physical ideal by circling a number from 0 to 3.

Your physical ideals may differ in their importance to you, regardless of how close you come to them. You may feel strongly that some ideals embody the way you want to look or to be. In other areas, your ideals may be less important to you. On **Part B** of each item, rate **how important** your ideal is to you by circling a number on the 0 to 3 scale.

1. A. My ideal **height** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal height?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

2. A. My ideal **skin complexion** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal skin complexion?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

3. A. My ideal **hair texture and thickness** are:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you are your ideal hair texture and thickness?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

4. A. My ideal **facial features** (eyes, nose, ears, facial shape) are:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you are your ideal facial features?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

5. A. My ideal **muscle tone and definition** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal muscle tone and definition?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

6. A. My ideal **body proportions** are:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you are your ideal body proportions?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

7. A. My ideal **weight** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal weight?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

8. A. My ideal **chest size** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal chest size?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

9. A. My ideal **physical strength** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal physical strength?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

10. A. My ideal **physical coordination** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your ideal physical coordination?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

11. A. My ideal **overall physical appearance** is:

0	1	2	3
Exactly As I Am	Almost As I Am	Fairly Unlike Me	Very Unlike Me

B. How important to you is your overall physical appearance?

0	1	2	3
Not Important	Somewhat Important	Moderately Important	Very Important

(BIQ ©Thomas F. Cash, Ph.D.)