

Body Image – Acceptance and Action Questionnaire (BI-AAQ-5)

Directions: Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices. For instance, if you believe a statement is 'Always True,' you would write a 7 next to that statement.

Never True	Very Seldom True	Seldom True	Sometimes True	Frequently True	Almost Always True	Always True
1	2	3	4	5	6	7

- ____ 1. Worrying about my weight makes it difficult for me to live a life that I value.
- ____ 2. I shut down when I feel bad about my body shape or weight.
- ____ 3. My thoughts and feelings about my body weight and shape must change before I can take important steps in my life.
- ____ 4. I will have better control over my life if I can control my negative thoughts about my body.
- ____ 5. Feeling fat causes problems in my life.