Learning to Like Our Looks and Ourselves

A PRACTICAL GUIDE FOR WOMEN

Rita Freedman, Ph.D.

"An insightful guide.... Any woman who has ever looked in the mirror and sighed should find it helpful."
—Mary Ellen Donovan, coauthor of Women and Self-esteem
TAKING CHARGE OF YOUR IMAGE
In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.

—ELEANOR ROOSEVELT

Whether your image is plain or fancy, you may have trouble facing up to it sometimes. Perhaps you cringe when trying on bathing suits, confronted with the naked truth in a three-way mirror. Cathy Guisewite, author of the Cathy comic strip, admits she once broke down and wept at that moment of truth. Body loathing troubles most of us in one way or another. Throughout this book you’ve had a chance to identify it in your own life, and you’ve seen many examples of it in the Bodylove Survey and in the case studies.

Body loathing caught Ellen in a dieter’s mentality that kept her hungry and deprived. Lynn felt a painful self-consciousness at work, and Susan’s dreams were haunted by her fear of rejection on her wedding day. Whatever form it takes, body loathing distorts body image. So that you wind up feeling less attractive than you want to be.

The consequences of body loathing are physical and emotional distress. It causes shame about eating compulsively and shame about touching intimately. Some women become addicted to exercising while others suffer the risk of costly surgery. A few simply stay at home to avoid being seen. Body loathing keeps us beauty bound. Caught up in the mirror’s reflection, we forget to take care of the person within the image.

Just as your relationships influence body image, your body image also spills over into your relationships. Body loathing may prevent you from reaching out and connecting with people, or from interacting spontaneously with them. Unless you respect your body along with yourself, you can’t respect someone else’s choice of you as a friend or lover.

Body loathing isn’t inherited, but it is contagious. You catch it from others when you inhale the social air that’s loaded with stereotypes. Looksism equates how you look with who you are. It thereby traps you into believing that good looks guarantee success and happiness. Learned through socialization with family and friends,
looksism is constantly reinforced by media images. We all perpetuate these stereotypes by buying into them unconsciously.

Annette, for instance, is one of the 70 million viewers who faithfully turns on the Miss America Pageant each year. She watches as the camera slowly pans up and down each contestant’s body. During one commercial, Annette’s seven-year-old daughter puts on a bathing suit and starts parading in Mommy’s heels, with a wiggle and a smile. She fully expects to grow up looking like Miss Texas—and most likely she’ll wind up disappointed. This is how looksism and body loathing get passed on to our children.

BUILDING BODYLOVE THROUGH SELF-ESTEEM

If body loathing is a contagious “dis-ease,” the healing antidote is bodylove—an elixir of positive emotions, attitudes, and actions. Loving your body means enjoying it—using it, touching it, and seeing it with pleasure. Despite the messages of looksism, bodylove has very little to do with how you actually look. It’s not beauty, but self-esteem that builds bodylove. That’s because body image is quite independent of physical appearance. Someone with high self-esteem tends to view her body favorably, regardless of how she actually looks.

The weak connection between body image and physical appearance means that changing your looks won’t guarantee a lasting improvement in self-esteem. In fact, looksism works in both directions. It equates beauty with goodness, and it also equates goodness

Cathy. Copyright © 1987 Universal Press Syndicate. Reprinted with permission. All rights reserved.
with beauty. If you radiate good qualities—such as confidence, humor, sociability, charm—you’ll probably be seen as more attractive. A woman who projects admirable traits finds admiration reflected back from those who look at her.

“Most people don’t act, they react,” observes Annette. “I know that if I feel good and give out positive vibrations, others get that message. It makes a difference in other people’s eyes and in your own eyes, also. Of course it’s nice to have the outer package, but that’s not a substitute for inner confidence.”

To achieve bodylove you need to get past your appearance and focus on your other personal strengths as well. It’s true that making over your looks can sometimes boost self-esteem. However, in the end it’s how you feel about those outer changes that really counts most of all.

This book has given you some techniques for taking the basic steps toward improving body image. First, you should pay close attention to your body’s needs and respect them: your needs for nourishment and comfort, for movement and touch. Paying attention will then help you appreciate the many pleasures your body naturally provides, such as the great taste of food or the sensual joy of intimacy. You’ll find that by appreciating your strengths, you can then accept your limitations more easily. Accepting the unique features that make you distinctive will free you from the frustrating pursuit of perfection.

**WHEN AVERAGE IS MORE THAN GOOD ENOUGH**

Bodylove can’t flourish if you keep on judging yourself against impossible standards. There’s no doubt that some of your features will always disappoint you. So it’s important to realistically assess and acknowledge what is possible and what is not. Whether your anatomy becomes your destiny depends on how you view your weaknesses. Aiming for perfection is a self-defeating goal that only sets you up for failure.

Your perfectionistic “shoulds” were absorbed throughout life from parents and peers, from a critical mate, and from a culture that breeds looksism. Sometimes these unrealistic goals are based on myths or on cognitive errors. As long as you cling to them, you’ll
continue to pay a high price in terms of insecurity, shame, and body loathing.

The old saying that "moderation is best" applies when it comes to pursuing beauty. You really don't have to look gorgeous to get ahead in life. You don't have to be super-thin, super-fit, or marvelously made up to be successful. In fact, super-beautiful people have only a slight social advantage over those who are only average looking. Which means that it isn't crucial to correct every flaw or remodel every part. Looking okay is almost always good enough to achieve what you want in life, especially when you actively display your other valuable assets.¹

Just set modest goals and realistic expectations. Then you won't be disappointed as you face your reflection (even when trying on a bathing suit). What do realistic expectations mean in everyday terms?

For Cynthia, it meant giving away all the clothes that were too tight and accepting the reality of her heavy body. She decided to shop in large-size stores and thus avoid the frustration she always felt among the regular sizes. She also took the "thin" pictures of what she looked like as a teenager out of her wallet and stopped showing them to people. For Maggie, it meant cutting her running routine from seven to four days a week, and joining an art class instead. For you it might mean spending less time in front of the mirror or less energy worrying about what to wear. Take a moment to review the goals that you set for yourself in Chapter 1. Are they moderate and how can you begin to translate them into everyday behavior?

Setting appropriate goals is an important part of the cognitive and behavioral exercises that were presented in each chapter. These exercises really can help you achieve bodylove. In one study, for example, a group of women who used similar exercises to work on self-image felt more confident about their appearance in just six weeks.² Their self-esteem rose and they were able to see themselves as more attractive. This research shows that you don't have to change your outer appearance to feel better about your looks and yourself. But you won't discover this unless you try.

Pursuing bodylove does require effort and practice. Have you read through this book without doing the exercises? If so, now is the time to go back to those sections that are most relevant to your needs. Start to overcome resistance by taking some action. Unless
you risk a few small steps in a new direction, resistance will keep you stuck in your old patterns of self-rejection.

**GUIDELINES FOR CHANGE**

While working on the exercises, try to keep some basic guidelines in mind:

1. **You can gain greater self-control.** Monitor your behavior and take charge of it. For example, gather accurate data so you really know what you’re doing and thinking. Then you’ll be able to measure your progress. Jane became less obsessed with her complexion simply by getting rid of a magnifying mirror she’d been using each morning that exaggerated every flaw.

2. **You can increase positive feelings.** Focus on your strengths and reduce self-criticism. For example, develop a healthy praise list, rehearse positive affirmations in front of the mirror, and learn to receive compliments graciously. As Lynn walked to work, she repeated positive statements about her looks and found that she felt more confident when dealing with clients.

3. **You can understand social influences on body image.** Become more sensitive to looksism. For example, think about how you use age and weight labels, how your family has shaped your ideas about attractiveness, and how the media promote a particular feature. When Nancy discussed aging with her husband, she realized that her fears about looking older came from his desire to see her as young and beautiful forever.

4. **You can develop sensory awareness.** Tune in to your body. For example, listen carefully to feelings of hunger and to the effects of movement or touch. Diane worked on her sexual inhibitions by practicing relaxation in the bath and by exploring different body sensations.

5. **You can correct faulty beliefs.** Challenge irrational thoughts. For example, learn to refute your cognitive errors with good counterarguments. Get the facts about weight control or cosmetic surgery, and use these truths to replace the myths that cause body loathing. Ellen reviewed a list of diet myths each day during break-
fast until she could easily challenge the dieter’s mentality and rationally reject it.

HEALTHY AND UNHEALTHY NARCISSISM

In a way, the active pursuit of bodylove makes you more narcissistic. Narcissism means choosing and valuing yourself as a love object. It can be either healthy or unhealthy. Narcissism is healthy when it promotes a realistic body image that’s created from within, not dictated from without. It’s healthy when it helps you accept yourself as imperfect but still lovable. We all need to feel attractive to ourselves and to others. When self-love is shared, it unites people through visual and physical intimacy. In effect, healthy narcissism lets you shout, “Hey, look at me so we’ll both be delighted.”

Sometimes narcissism gets stuck at a childish level, however. Then, the need for attention dominates, as it did in infancy. Narcissism is unhealthy when it excludes concern for others or when it’s totally invested in appearance alone. Those who suffer from unhealthy narcissism become self-absorbed or chronic show-offs. They must constantly shout, “Hey, look at me so I can feel secure.”

Women find it especially hard to strike a balance between healthy and unhealthy narcissism. After all, beauty is so central to femininity, and packaging the feminine image often requires preoccupation with endless details of appearance.

Betty, for instance, exercises an hour a day at dawn, then devotes the next hour to showering, doing her hair, and making up. She works for eight hours in the high heels she needs for her corporate image. Lunch hours are often spent shopping for clothes or visiting the beauty salon. By mid-afternoon, her back aches and she wonders why she can’t get through the day without wilting. Like Betty, you may wind up blaming your body or yourself because you can’t comfortably function in a decorative mold that was really designed for a Barbie doll’s life.

As you play out the feminine role, you may feel yourself being pulled between healthy and unhealthy narcissism—torn between the healthy woman within you who wants to look prettier, and the healthy person within you who doesn’t want to suffer in the pursuit of beauty. There’s an inherent tension between being an ornamental female who sees herself (and is seen) as a decorative object and
being an instrumental female who sees herself as a competent person. This basic feminine conflict is a major cause of body loathing. It surfaces in many different ways, so trying to maintain a secure balance between healthy and unhealthy narcissism is precarious.

**WOMEN’S STRENGTHS**

Although women do have special problems with looksism and with body loathing, we also have special strengths that can help us. First, such physical challenges as menstruation, pregnancy, and menopause naturally force us to reconstruct a new image over and over as our bodies change periodically. Thus we’re used to revising our body image. This can be a real asset as you work to cast off an ill-fitting beauty mold and recast yourself in a more comfortable one.

Women also have the so-called feminine traits of patience, gentleness, compassion, and concern: patience to let the body set its own proper weight; gentleness and tender concern for living flesh; compassion and forgiveness for “shameful” past experiences. When these traits are turned back toward the self, they become powerful tools to nurture bodylove.

Finally, women know how to be good friends. We can offer empathy and understanding, which help reduce the isolation of body loathing. Through the eyes of friends you can see your body with new admiration. From their mouths you’ll hear the praise you need and deserve.

In the safety of formal or informal support groups, you can admit weaknesses, share secrets, seek help, and speak out about body-image problems. Campus networks for women with eating disorders illustrate the effectiveness of support groups. So do the dance and exercise classes discussed earlier. In such groups you’ll find beautiful role models of all ages and sizes with whom to identify. These are not the ornamental females seen in advertisements, but real, flesh-and-blood women, whose imperfect bodies are more like your own. Gladys related this experience:

> After my breast was removed, I was in a state of mourning. I felt damaged and missed the part of me that was lost. My local Y had a postmastectomy group, which I joined reluctantly. But it turned out to be terrific. When I looked around that room I saw women
who I knew were beautiful and whole. They really understood my sense of loss, and with their help I began to think differently about my body.

Unfortunately, the competitive pursuit of beauty that’s encouraged by our society often alienates us from other women. We start to envy or fear those who make us feel inadequate. Remember that this form of competition only adds to body loathing. By working on self-esteem through the support of other women, you’ll be in a much stronger position to expand your concepts of personal attractiveness.

EXPANDING THE IMAGE OF BEAUTY

There’s a lot of pressure on you to conform to a narrow beauty standard—one that’s thin, young, and idealized. The pressure comes from the stereotypes of looksism. It comes from commercial messages selling makeover magic. It comes from your mirror and from your own deep needs to fit in and feel socially secure. But you do have the power to exert some counterpressure.

We can’t directly control how others view us. But we do have some control over how we view ourselves. After all, we are the ones who make the appointments, buy the fashions, and apply the products. The choices we make also influence social standards of physical attractiveness.

Our personal and social definitions of beauty can stretch to make room for the stouter, the older, the plainer, and funny faced among us. They can stretch to embrace ethnic and racial differences. So try to resist the narrow media images that exclude so many, and instead, seek new role models that include the great diversity of human characteristics. Within a broader definition of beauty you’ll be able to relabel your “flaws” as differences, and to count them as part of your personal assets. You are unique in body and spirit. Don’t let the pressures to conform destroy your individuality.

While outer beauty is certainly an asset, bodylove has an even greater payoff. What will you gain by actively pursuing it?

- Freedom from tormenting self-consciousness, insecurity, and shame.
- Comfort and health as you nurture your body and care for its needs.
• Greater resources to invest in work and play.
• Better relationships as you strive to connect rather than compete with others.

You have a right—and a responsibility—to judge yourself according to realistic standards. A right to feel comfortable in your own skin.

Throughout these chapters, I’ve tried to show how to take charge of your body image. It’s possible to reduce preoccupation with appearance, to break destructive habits, and to find more constructive alternatives. This book is a resource. But knowing what to do is not enough. Doing is essential. So start somewhere. Work to adore your body as well as adorn it.

Cinderella really can’t live happily ever after on the brief advantage that a pretty face provides. Think about whether you spend more time making up than making love? Whether you work harder at making over your looks than making over your life? In order to achieve bodylove you must strike a balance between your ornamental needs for adornment, your instrumental needs for achievement, and your sensual needs for fulfillment. In the end, self-esteem comes through personal development—through becoming a competent and caring human being. By transforming your image from within, you can move beyond body loathing and toward bodylove.
APPENDIX: THE BODYLOVE SURVEY

Note: Figures are percentages of the responses of the group. The total does not equal 100% for some questions because of multiple choices or missing data.

1. Age __________
2. Sex M __________ F __________
3. In which state do you live? __________

4. Highest level of education completed:
   a. LESS THAN HIGH SCHOOL (1)
   b. HIGH SCHOOL GRADUATE (9)
   c. SOME COLLEGE (29)
   d. COLLEGE GRADUATE (25)
   e. SOME GRADUATE WORK (12)
   f. GRADUATE DEGREE (26)

5. Marital status:
   a. NEVER MARRIED (37)
   b. FIRST MARRIAGE (34)
   c. DIVORCED (12)
   d. SEPARATED (2)
   e. REMARRIED (11)
   f. COHABITING (2)
   g. WIDOWED (4)

6. How many children do you have? __________

7. How do you spend most of your time?
   a. AS A HOMEMAKER AND/OR MOTHER (15)
   b. AS A STUDENT (19)
   c. WORKING FULL TIME OR PART TIME (54)
   d. OTHER __________

8. Describe your economic level:
   a. QUITE POOR (0)
   b. GETTING BY (11)
   c. SOMEWHER SECURE (43)
   d. FAIRLY PROSPEROUS (35)
   e. AFFLUENT (11)
9. Are you self-conscious about your appearance?
   a. CONSTANTLY (21)
   b. OFTEN (23)
   c. SOMETIMES (40)
   d. RARELY (14)
   e. NEVER (2)

10. During the course of the day, how often do you check yourself in a mirror?
    a. CONSTANTLY (2)
    b. OFTEN (20)
    c. SOMETIMES (53)
    d. RARELY (25)
    e. NEVER (2)

11. When you do check yourself, how does it make you feel?
    a. MUCH BETTER (9)
    b. SLIGHTLY BETTER (33)
    c. NO CHANGE (43)
    d. SLIGHTLY WORSE (12)
    e. MUCH WORSE (3)

12. Is physical attractiveness important in the daily lives of most people?
    a. VERY IMPORTANT (39)
    b. SOMewhat IMPORTANT (56)
    c. NOT SURE (3)
    d. UNIMPORTANT (1)
    e. VERY UNIMPORTANT (1)

13. Do you agree that "good-looking people are usually happier and more successful than less attractive people?"
    a. STRONGLY AGREE (11)
    b. AGREE (37)
    c. NOT SURE (16)
    d. DISAGREE (33)
    e. STRONGLY DISAGREE (4)

14. How do you feel when someone compliments you about your appearance?
    a. VERY DELIGHTED (46)
    b. SOMewhat PLEASED (44)
    c. MIXED FEELINGS (5)
    d. SELF-CONSCIOUS (5)
    e. VERY UNCOMFORTABLE (2)

15. What were your mother's attitudes toward your appearance when you were growing up?
    a. VERY POSITIVE AND ACCEPTING (33)
    b. GENERALLY POSITIVE (37)
    c. MIXED (13)
    d. GENERALLY NEGATIVE AND CRITICAL (8)
    e. VERY NEGATIVE (3)
    f. I DON'T KNOW (6)
16. What were your father’s attitudes toward your appearance while you were growing up?
   a. VERY POSITIVE AND ACCEPTING (26)
   b. GENERALLY POSITIVE (38)
   c. MIXED (13)
   d. GENERALLY NEGATIVE AND CRITICAL (5)
   e. VERY NEGATIVE (3)
   f. I DON’T KNOW (15)

17. Are you physically disabled or disfigured?
    ______________ No ______________ Yes
    If yes, please describe ______________

18. If you could change one thing about your body, what would it be? ______________

19. When you take a long look at your nude body in a full-length mirror, how do you feel?
   a. PROUD (8)
   b. CONTENT (30)
   c. MIXED FEELINGS (47)
   d. ANXIOUS OR DEPRESSED (14)
   e. REPULSED (2)

20. Are you satisfied with your current weight?
   a. VERY SATISFIED (18)
   b. SOMEWHAT SATISFIED (32)
   c. SOMEWHAT DISSATISFIED (33)
   d. VERY DISSATISFIED (19)

21. How often do you weigh yourself?
   a. RARELY (28)
   b. ONCE A MONTH (21)
   c. ONCE A WEEK (20)
   d. EVERY FEW DAYS (15)
   e. ONCE A DAY (15)
   f. TWICE A DAY OR MORE (2). IF MORE, HOW OFTEN? ______________

22. At the present time, are you dieting in order to lose weight? Yes (28) No (72)

23. During the past ten years, have you used any of the following methods to control your weight?
    1 = often  2 = sometimes  3 = rarely  4 = never
    ______________ MODERATE CALORIE RESTRICTION
    ______________ CRASH DIETING
    ______________ INTENSE EXERCISING
    ______________ FASTING/STARVING
    ______________ DIET PILLS
    ______________ LAXATIVES
    ______________ DIURETICS (WATER PILLS)
    ______________ VOMITING
    ______________ OTHER MEDICATIONS
    ______________ LIQUID-FORMULA PROTEIN DIETS
    ______________ WEIGHT-WATCHING CLUBS
    ______________ DIET SPAS
24. Do you believe that your current weight is:
   a. MORE THAN 15 POUNDS UNDERWEIGHT  (3)
   b. 3–10 POUNDS UNDERWEIGHT  (3)
   c. JUST RIGHT  (17)
   d. 1–5 POUNDS OVERWEIGHT  (17)
   e. 5–10 POUNDS OVERWEIGHT  (23)
   f. 10–20 POUNDS OVERWEIGHT  (22)
   g. 20–50 POUNDS OVERWEIGHT  (11)
   h. MORE THAN 50 POUNDS OVERWEIGHT  (5)

25. What do you think your weight will be five years from now?
   a. MUCH LESS [20 OR MORE POUNDS]  (11)
   b. SLIGHTLY LESS [5–10 POUNDS]  (23)
   c. THE SAME  (52)
   d. SLIGHTLY MORE [5–10 POUNDS]  (13)
   e. SOMEWHAT MORE [10–20 POUNDS]  (1)
   f. MUCH MORE [OVER 30 POUNDS]  (1)

26. How do your current feelings about your body compare with your feelings five years ago?
   a. MUCH BETTER  (16)
   b. SOMEWHAT BETTER  (19)
   c. THE SAME  (42)
   d. SOMEWHAT WORSE  (23)
   e. MUCH WORSE  (1)

27. What do you think your feelings about your body will be five years from now?
   a. MUCH BETTER  (13)
   b. SOMEWHAT BETTER  (23)
   c. THE SAME  (55)
   d. SOMEWHAT WORSE  (8)
   e. MUCH WORSE  (1)

28. At what age do most women reach their peak of physical attractiveness?  
    (33 was average age selected)

29. At what age do most women feel best about their bodies?  
    (27 was average age selected)

30. When you were growing up, did classmates ever make fun of you because of your appearance?
   a. FREQUENTLY  (9)
   b. SOMETIMES  (30)
   c. RARELY  (25)
   d. NEVER  (36)

31. Compared to other women your age, how physically active are you?
   a. VERY ACTIVE  (27)
   b. FAIRLY ACTIVE  (35)
   c. AVERAGE  (30)
   d. FAIRLY INACTIVE  (8)
   e. VERY INACTIVE  (2)
32. How often do you engage in vigorous exercise for at least twenty minutes?
   a. NEVER (14)
   b. ONCE A MONTH (16)
   c. ONCE A WEEK (16)
   d. 2–3 TIMES A WEEK (34)
   e. ALMOST EVERY DAY (20)

33. How does physical activity affect your feelings about your body?
   a. STRONG POSITIVE EFFECT (56)
   b. SLIGHT POSITIVE EFFECT (32)
   c. NO EFFECT (11)
   d. SLIGHT NEGATIVE EFFECT (2)
   e. STRONG NEGATIVE EFFECT (1)

34. Are you ever so obsessed with exercise that it becomes a compulsion?
   a. OFTEN (4)
   b. SOMETIMES (17)
   c. RARELY (25)
   d. NEVER (56)

35. How often do you dance or move to music (alone, with a partner, or in a group)?
   a. WEEKLY (48)
   b. MONTHLY (17)
   c. RARELY (27)
   d. NEVER (8)

36. If you are married or in a coupled relationship, how does your partner’s physical appearance compare with your own?
   a. PARTNER IS MUCH BETTER LOOKING (4)
   b. PARTNER IS SOMewhat BETTER LOOKING (10)
   c. WE ARE ABOUT EQUAL (47)
   d. I AM SOMewhat BETTER LOOKING (13)
   e. I AM MUCH BETTER LOOKING (4)
   f. I AM NOT COUPLED AT THIS TIME (22)

37. Do you think your body is sexually appealing?
   a. EXTREMELY APPEALING (7)
   b. QUITE APPEALING (30)
   c. SOMewhat APPEALING (48)
   d. NOT VERY APPEALING (11)
   e. NOT AT ALL APPEALING (4)

38. How important to you is the sexual aspect of your life today?
   a. EXTREMELY IMPORTANT (14)
   b. QUITE IMPORTANT (43)
   c. OCCASIONALLY IMPORTANT (25)
   d. NOT VERY IMPORTANT (15)
   e. NOT AT ALL IMPORTANT (4)
39. If you were more physically attractive, do you think your sexual life would be [or would have been] more satisfying?
   a. DEFINITELY (7)
   b. PROBABLY (13)
   c. NOT SURE (26)
   d. PROBABLY NOT (39)
   e. DEFINITELY NOT (15)

40. Do you feel different about your body just before or during your menstrual period?
   a. MUCH BETTER (0)
   b. SOMewhat BETTER (3)
   c. NO DIFFERENCE (32)
   d. SOMewhat WORSE (33)
   e. MUCH WORSE (11)
   f. I DO NOT HAVE MENSTRUAL PERIODS (21)

41. Compared to other women, how much do you use cosmetics and other beauty products?
   a. MUCH MORE (3)
   b. SOMewhat MORE (5)
   c. ABOUT THE SAME (35)
   d. SOMewhat LESS (36)
   e. MUCH LESS (23)

42. Do your beauty routines involve other people touching your body (i.e.: manicure, shampoo, massage)?
   a. SEVERAL TIMES A WEEK (1)
   b. WEEKLY (5)
   c. EVERY FEW WEEKS (21)
   d. MONTHLY (14)
   e. RARELY (59)

43. How much time and effort do you usually spend getting ready before going out to a social event?
   a. A GREAT DEAL (2)
   b. QUITE A LOT (10)
   c. ABOUT AVERAGE (66)
   d. NOT VERY MUCH (23)

44. How much money do you spend on beauty products and grooming treatments?
   a. A GREAT DEAL (3)
   b. QUITE A LOT (8)
   c. ABOUT AVERAGE (41)
   d. NOT VERY MUCH (42)
   e. ALMOST NONE (8)
45. Check any of the following surgical procedures that you have had or would consider having in order to look more attractive.

1 = have had  2 = would consider having

- NOSE JOB
- EYELID SURGERY
- SKIN PEELING FOR WRINKLES
- FACE-LIFT
- CHIN SURGERY
- BREAST IMPLANTS
- BREAST REDUCTION
- BREASTS LIFTED
- LIPOSUCTION [FAT REMOVAL]
- TUMMY TUCK
- BUTTOCKS RESHAPED
- TEETH CAPPED
- TEETH STRAIGHTENED
- ELECTROLYSIS
- OTHER

46. What is your ethnic or racial background?
   a. ASIAN (4)
   b. BLACK (5)
   c. CAUCASIAN (87)
   d. HISPANIC (2)
   e. OTHER (2)

47. What is your religious background?
   a. NONE (10)
   b. PROTESTANT (37)
   c. CATHOLIC (26)
   d. JEWISH (19)
   e. OTHER (9)