

## The Body Trust Scale

**Instructions: The questions below correspond to different attitudes, feelings, or behaviors that you may have towards your body and its sensations. Please indicate how much you agree with each statement below.**

Note: Items are scored on a 7-point scale from 1 = Strongly Disagree to 7 = Strongly Agree, with 4 = Neither Agree nor Disagree. \* indicates that an item is reverse coded.

1. My body is trustworthy.

2. My body supports me.

3. My body functions as I want it to.

4. My body is reliable.

5. I can count on my body in daily life.

6\*. My body doesn't fit in with what society considers attractive.

7\*. I personally don't consider my body attractive.

8\*. The size and shape of my body is uncomfortable to me.

9\*. Physical sensations in my body make me nervous/uncomfortable.

10\*. Physical sensations in my body make me think that something is wrong.

11\*. I have a difficult time enjoying myself when I notice physical sensations in my body.

**Yellow** indicates that this item loads onto the Comfort with one's body factor. **Green** indicates that this item loads onto the Physical attractiveness factor. **Blue** indicates that this item loads onto the Discomfort with internal sensations factor.