



Faithgirlz...

Beauty Feelings

## The Real Scoop Quiz

Start by being really honest with yourself. Complete this quiz alone or with a friend you totally trust. This is your private stuff and you don't have to show it to anyone else if you don't want to. Put a star [\*] next to each thought below that you've had for more than, like, two seconds. Even if you don't believe the thought, if it nags you sometimes, give it a star. There's no right or wrong. No good or bad. There's just you!

- I'm fat.
- I'm ugly.
- I don't look that bad except for my \_\_\_\_\_.
- I'm too tall (or short).
- I have my father's \_\_\_\_\_ (ex: nose, lips), which is not good.
- I want to look like a star (model, singer, actress . . .).
- I'll never look like a star, which is depressing.
- Some people tell me I'm pretty, but I don't believe them.
- Some people tell me I'm not pretty, and I believe them.
- I don't do that much to look prettier, because it isn't gonna help.
- I wish I were cuter, so I'd have more friends.
- I don't care about my appearance. I'm not the girly girl type.
- It drives me nuts to have to wear \_\_\_\_\_ (ex: glasses, braces, a school uniform). They make me look lame.

Count your stars and put your number here: \_\_\_\_\_

Now check out [www.faithgirlz.com](http://www.faithgirlz.com) for the answer key!

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The children's group of Zondervan