

KAMAKHYAA

for the souls

KFTS is a free and open source platform for mental health resources. All the worksheets have been obtained from free external platforms, and the specific sources for each worksheet are mentioned at the end.

Do I Have Face Dysmorphia?

If you have opened this worksheet, it is possible that you have already been wondering whether you need to work on your body or face image.

Please complete the following quiz to see if Face Dysmorphia might be a current problem for you.

No.	Ask yourself	Never	Occasionally	Often	Very Often
1	I feel very dissatisfied with one or more aspects of my facial appearance				
2	I have difficulty concentrating on things other than how I look				
3	I use words like ugly, unattractive, or horrible to describe my appearance				
4	I check my appearance in the mirror or other reflective surfaces				
5	I use cosmetics or other means to camouflage aspects of my appearance daily				

6	I wear my hair in certain positions to hide some of my facial features				
7	I ask others whether I look okay or I try to convince them how bad I look				
8	I have trouble believing people when they say I look fine				
9	I compare myself to others and think that I look worse than them				
10	I spend time researching ways to fix or hide my facial appearance				
11	I spend time trying to improve the look of the facial feature I dislike				
12	I contemplate cosmetic surgery				
13	I avoid socialising because of how I look				
14	I avoid intimate relationships because of how I look				
15	The way I feel about my appearance prevents me from doing things I would like to do				

If you have answered most of the above questions with Often or Very Often, then Face Dysmorphia might be something you want to work on. Face dysmorphia can be experienced from mild to severe levels, so even if you have only answered Often or Very Often for a few of the above statements, you may still want to stay with us as you might learn some skills that could be useful in the future.

Sources:

- Anderson, R., Saulsman, L., McEvoy, P., Fursland, A., Nathan, P., & Ridley, S. (2012). Building Body Acceptance: Overcoming Body Dysmorphic Disorder. Perth, Western Australia: Centre for Clinical Interventions. Worksheet retrieved from: <https://www.cci.health.wa.gov.au/>