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BICS

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Instructions: Below is a list of comments made by women during various times in their lives. We are interested in your perceptions of these statements based on your current experiences. Using the scales provided, please indicate how frequently these comments have been true in describing your *current* experiences. Please use a black or blue pen or marker to bubble in your answers.

1) I feel uncomfortable about being seen naked.

Not at All Rarely Sometimes Often

2) I avoid looking at and/or touching my breasts.

Not at All Rarely Sometimes Often

3) I am bothered by feelings or thoughts of body disfigurement.

Not at All Rarely Sometimes Often

4) I think about how my health may affect my sex life.

Not at All Rarely Sometimes Often

5) I feel self-conscious about letting my partner (person with whom I am sexually intimate) see my breasts. **Even if you do not have a partner now, rate how you believe you would feel.**

Not at All Rarely Sometimes Often

6) When I see other women, I think that my body appears different than theirs.

Not at All Rarely Sometimes Often



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- 7) I have waves of strong feelings about the way my body looks.
Not at All Rarely Sometimes Often
- 8) I think about how my body used to look.
Not at All Rarely Sometimes Often
- 9) I am reminded of my breasts when I pick out clothes to wear.
Not at All Rarely Sometimes Often
- 10) Things I see or hear remind me that my body is different now.
Not at All Rarely Sometimes Often
- 11) I avoid letting myself get emotional when I think of how my body has changed.
Not at All Rarely Sometimes Often
- 12) I turn away when I have to undress in front of my partner (person with whom I am sexually intimate). **Even if you do not have a partner now, rate how you believe you would feel.**
Not at All Rarely Sometimes Often
- 13) How my body has changed pops into my mind.
Not at All Rarely Sometimes Often
- 14) I don't want to deal with how my body looks.
Not at All Rarely Sometimes Often
- 15) I try not to think about the size and shape of my breasts.
Not at All Rarely Sometimes Often

