Unit I Topic A: Role of Clothing and Clothing Choices

CLASSIC CLOTHING CHOICES

Directions: As you study about clothing choices, it is a good opportunity examine some things about how you dress. If you answer the following questions truthfully and honestly, you may gain some awareness of your choices. However, unless you answer honestly, very little can be revealed and learned. Check the column that best reflects your choices. (You will be grading yourself.)

1. Do you often apologize for, or feel you have to justify, the way you are dressed?  
   NO, NOT USUALLY  YES, FREQUENTLY

2. Do you attract people with whom you have common interests? (Does your dress send an accurate message about you?)  
   NO, NOT USUALLY  YES, FREQUENTLY

3. When you catch an unexpected glimpse of yourself in a mirror, do you like what you see?  
   NO, NOT USUALLY  YES, FREQUENTLY

4. Are you intimidated by others who are dressed well?  
   NO, NOT USUALLY  YES, FREQUENTLY

5. Is dressing a pleasure each day? (vs. being frantic)  
   NO, NOT USUALLY  YES, FREQUENTLY

6. Can you be ready in 30 minutes for almost any occasion?  
   NO, NOT USUALLY  YES, FREQUENTLY

7. Do you refuse to go places because you don't have the right thing to wear?  
   NO, NOT USUALLY  YES, FREQUENTLY

8. Do you decide every day what impression you want to create? (vs. just putting on whatever is handy)  
   NO, NOT USUALLY  YES, FREQUENTLY

9. Do you get your "money's worth" from your clothing selections? (vs. having a lot of clothing mistakes hanging in your closet)  
   NO, NOT USUALLY  YES, FREQUENTLY

10. Can you be manipulated by relatives or sales clerks into buying and wearing garments you don't like?  
    NO, NOT USUALLY  YES, FREQUENTLY

11. Do you show signs of physical stress when you shop for clothes? (headaches, nervousness, etc.)  
    NO, NOT USUALLY  YES, FREQUENTLY

12. Are you attracting the attention that you want, need, and deserve in your life? (vs. being the one that people naturally ignore)  
    NO, NOT USUALLY  YES, FREQUENTLY

13. Do other people ignore you or push you around?  
    NO, NOT USUALLY  YES, FREQUENTLY

14. Do you feel like you look dull or boring?  
    NO, NOT USUALLY  YES, FREQUENTLY

15. Do you walk down the halls at school feeling confident and totally together?  
    NO, NOT USUALLY  YES, FREQUENTLY

YOUR SCORE