



Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

**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.)

	NO, NOT USUALLY	YES, FREQUENTLY
1. Do you often apologize for, or feel you have to justify, the way you are dressed?	_____	_____
2. Do you attract people with whom you have common interests? (Does your dress send an accurate message about you?)	_____	_____
3. When you catch an unexpected glimpse of yourself in a mirror, do you like what you see?	_____	_____
4. Are you intimidated by others who are dressed well?	_____	_____
5. Is dressing a pleasure each day? (vs. being frantic)	_____	_____
6. Can you be ready in 30 minutes for almost any occasion?	_____	_____
7. Do you refuse to go places because you don't have the right thing to wear?	_____	_____
8. Do you decide every day what impression you want to create? (vs. just putting on whatever is handy)	_____	_____
9. Do you get your "money's worth" from your clothing selections? (vs. having a lot of clothing mistakes hanging in your closet)	_____	_____
10. Can you be manipulated by relatives or sales clerks into buying and wearing garments you don't like?	_____	_____
11. Do you show signs of physical stress when you shop for clothes? (headaches, nervousness, etc.)	_____	_____
12. Are you attracting the attention that you want, need, and deserve in your life? (vs. being the one that people naturally ignore)	_____	_____
13. Do other people ignore you or push you around?	_____	_____
14. Do you feel like you look dull or boring?	_____	_____
15. Do you walk down the halls at school feeling confident and totally together?	_____	_____

YOUR SCORE \_\_\_\_\_