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Body Insight Scale (BIS)

Instrument and Scoring Guide

by Rosemarie Anderson

Published by Mind Garden, Inc.

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Body Insight Scale (BIS)

My Name: _____ Date: _____

Gender: Male Female

This questionnaire contains 18 statements. Read each statement carefully. Using the following scale, circle the response that best represents your experience for each statement.

- Choose 1 if you strongly disagree or if the statement is definitely false.
- Choose 2 if you disagree or if the statement is mostly false.
- Choose 3 if you are neutral, cannot decide, or the statement is about equally true and false.
- Choose 4 if you agree or the statement is mostly true.
- Choose 5 if you strongly agree or the statement is definitely true.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- | | | | | | | |
|-----|--|---|---|---|---|---|
| 1. | I can sense the life of the plants and trees in my environment. | 1 | 2 | 3 | 4 | 5 |
| 2. | I like my body. | 1 | 2 | 3 | 4 | 5 |
| 3. | My energetic field responds to the energetic field of others. | 1 | 2 | 3 | 4 | 5 |
| 4. | I notice when I am relaxed and when I am not. | 1 | 2 | 3 | 4 | 5 |
| 5. | I wish I had a different body. | 1 | 2 | 3 | 4 | 5 |
| 6. | I notice my energy level changing over the course of a day. | 1 | 2 | 3 | 4 | 5 |
| 7. | I work to heal my body when it is out of balance. | 1 | 2 | 3 | 4 | 5 |
| 8. | I can voluntarily move my attention around in my body. | 1 | 2 | 3 | 4 | 5 |
| 9. | Certain parts of my body seem numb. | 1 | 2 | 3 | 4 | 5 |
| 10. | I am aware of my own sexual desires. | 1 | 2 | 3 | 4 | 5 |
| 11. | I drag my body around much of the time. | 1 | 2 | 3 | 4 | 5 |
| 12. | I notice when I have been in one position too long. | 1 | 2 | 3 | 4 | 5 |
| 13. | Waves of sensation or energy move around in my body. | 1 | 2 | 3 | 4 | 5 |
| 14. | I notice when I am tired. | 1 | 2 | 3 | 4 | 5 |
| 15. | My body lets me know when my environment is safe. | 1 | 2 | 3 | 4 | 5 |
| 16. | My body feels dark and gloomy inside. | 1 | 2 | 3 | 4 | 5 |
| 17. | I can feel my body tighten up when I am angry. | 1 | 2 | 3 | 4 | 5 |
| 18. | I feel comfortable in the world most of the time. | 1 | 2 | 3 | 4 | 5 |

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Body Insight Scale Scoring Key

Name: _____ Date: _____

Gender: Male Female

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

Line up the numbers on this form with the same numbers on the BIS item form. The BIS scale scores are average scores for the items on the scale. The scale name for the item is listed in the appropriate position below. If all items are marked, you can divide the sum of the six items for the scale by 6 to get the average for that scale. Four items are reverse scored and indicated in bold below (5, 9, 11, 16). For these items the appropriate number to add is in the number column. (That is for a reverse scored item, 1 is valued as 5, 2 as 4, 3 as 3, 4 as 2, and 5 as 1.)

Energy Body Awareness (E) _____

Comfort Body Awareness (C) _____

Inner Body Awareness (I) _____

1.	Energy Body Awareness (E)			1 2 3 4 5
2.		Comfort Body Awareness (C)		1 2 3 4 5
3.	Energy Body Awareness (E)			1 2 3 4 5
4.			Inner Body Awareness (I)	1 2 3 4 5
5.		Comfort Body Awareness (C)		5 4 3 2 1
6.			Inner Body Awareness (I)	1 2 3 4 5
7.	Energy Body Awareness (E)			1 2 3 4 5
8.	Energy Body Awareness (E)			1 2 3 4 5
9.		Comfort Body Awareness (C)		5 4 3 2 1
10.			Inner Body Awareness (I)	1 2 3 4 5
11.		Comfort Body Awareness (C)		5 4 3 2 1
12.			Inner Body Awareness (I)	1 2 3 4 5
13.	Energy Body Awareness (E)			1 2 3 4 5
14.			Inner Body Awareness (I)	1 2 3 4 5
15.	Energy Body Awareness (E)			1 2 3 4 5
16.		Comfort Body Awareness (C)		5 4 3 2 1
17.			Inner Body Awareness (I)	1 2 3 4 5
18.		Comfort Body Awareness (C)		1 2 3 4 5

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