

Chapter 13

Physical Appearance

Case Study

Roger was very concerned and supportive during his wife Emily's pregnancy. He even gained fifteen pounds himself. After their twins were born, he gave up his twice weekly tennis games to help Emily keep up with the infants. While Emily worked hard to regain her figure though, Roger continued to gain weight. Roger noticed that she did not seem to respond when he wanted to be romantic. "Is it the twins?" he asked. "It's partly that," she replied, "but I also have to admit your spare tire isn't exactly a turn on."

QUIZ

1. How important do you think it is that you look attractive (e.g. well groomed and dressed)?
 - it's extremely important
 - it's important
 - it's important only when I'm working or at an occasion (e.g. party)
 - it's not terribly important
 - it's not important at all
2. How important is it to you that your fiancée look attractive?
 - it's extremely important
 - it's important
 - it's important only when she's working or at an occasion (e.g. party)
 - it's not terribly important
 - it's not important at all
3. Do you have the same standards of grooming for yourself as for your fiancée?
 - yes
 - no, I expect my fiancée to be more well groomed
 - no, I expect my fiancée to be less well groomed

4. How much time do you spend every day achieving a certain "look" that you think is attractive (e.g. shaving, fixing hair)?
- 5 minutes
 - 15 minutes
 - 30 minutes
 - an hour
 - more than an hour
5. How much time would you be willing to spend waiting for your wife to achieve a certain look?
- 5 minutes
 - 15 minutes
 - 30 minutes
 - an hour
 - more than an hour
6. How would you feel if your wife insisted on buying your clothes?
- I'd feel like a child
 - I'd feel like she didn't like my taste
 - I'd feel angry
 - I'd be okay with it; I'm indifferent to what I wear
 - I'd be grateful for her help
7. How would you feel if your wife selected what you wear to specific events (e.g. an important meeting, a wedding)?
- I'd be grateful for her advice
 - I'd be okay with it if it were just once in a while
 - I wouldn't care
 - I'd be angry
 - I'd feel humiliated
8. Once you're married, how important would it be to you for your wife to shave her legs?
- it would be very important (if she didn't I'd be really turned off)
 - it would be important, but if she's busy I wouldn't fuss too much
 - it would be important if it is summer
 - it would be important if she's wearing something that shows her legs (I'd be embarrassed if she didn't)
 - it would be important for them to be smooth before we make love
 - it would not be important; I wouldn't care

Reading Tip

Fill out the quiz on your own, without consulting your fiancée until you've finished each chapter. For more reading tips, see the Introduction.

9. How important would it be to you for your wife to shave her underarms?

- it would be very important (if she didn't I'd be really turned off)
- it would be important, but if she's busy I wouldn't fuss too much
- it would be important if it is summer
- it would be important if she's wearing something that shows her underarms (I'd be embarrassed if she didn't)
- it would be important for them to be smooth before we make love
- it would not be important; I wouldn't care

10. Do you ever plan to grow a moustache or beard?

- yes, I already have one
- yes, I like to grow one every winter
- yes, I should be able to decide what I do with my appearance
- yes, as long as my wife is okay with it
- no, I'm not interested in growing a moustache or beard

11. If you have a moustache or a beard, how well do you maintain it/them?

- I have them trimmed regularly so that they are neat (e.g. once a month)
- I comb out my beard routinely (once a day)
- I comb out my beard once in a while (once a week)
- I never comb my beard or moustache
- food gets caught in my beard, and I don't care

12. If you are clean-shaven, how often do you shave?

- twice a day
- once a day
- as often as I need to in order to look neat
- twice a week
- once a week
- I do it when I feel like it

13. If you noticed an offensive odor coming from your wife, what would you do?

- I'd ignore it
- I'd ignore it, but I'd refuse to get close to her
- I'd gently hint that she needs to take a shower or brush her teeth
- I'd tell her what I'm smelling (i.e. that she stinks) and ask her to correct it

14. If you believed that you were becoming less attractive, to what level would you go to retain your looks?
- I'd diet
 - I'd exercise more regularly
 - I'd begin weight training at a local gym
 - I'd use something to take the gray from my hair
 - I'd try herbal treatments
 - I'd undergo lipo suction
 - I'd have cosmetic surgery
 - I'd do all of the above
 - I wouldn't do anything
 - other _____
15. Would the cost make a difference with respect to what you do to look attractive?
- yes
 - no, I'd want to cut back in other spending to pay for this
 - no, I don't care how much it costs
 - no, not if we have the money
16. If you were to gain weight, would it affect your perception of your attractiveness?
- yes
 - no
 - it depends on how much weight I gained
 - I am going to work hard to ensure I don't gain weight
17. If you gain more weight than you would like, what would you do?
- I wouldn't do anything
 - I'd try to lose weight by buying exercise equipment or by signing up to a gym
 - I'd ask my wife to join a fitness club so we could help each other stay in shape
 - I'd diet
 - I'd cook foods appropriate for my diet
 - I'd make sure there were no snacks in the house
 - I'd pin a picture on the fridge of me looking fat
 - other _____
18. If your wife were to gain weight, would it affect how attractive you find her?
- yes
 - no
 - it depends on how much weight she gained
 - I hope she doesn't gain any weight

19. If your wife gains more weight than you would like, what would you do?
- I wouldn't do anything
 - I'd nag her every day to lose weight
 - I'd encourage her to lose weight by buying her exercise equipment or by signing her up to a gym
 - I'd sign up with her to go to a fitness club so we could help each other stay in shape
 - I'd encourage her to diet
 - I'd eat or cook foods appropriate for her diet
 - I'd make sure there were no snacks in the house
 - I'd comment favorably on the attractiveness of women more slim than she is
 - I'd make insulting comments about her weight
 - I'd pin a picture on the fridge of her looking fat
 - other _____
20. If you were to go bald, would it affect your perception of yourself as attractive?
- yes, women don't like bald men
 - maybe
 - probably not
 - definitely not; bald men are "hot"
21. What might you do, if you found yourself going bald?
- nothing
 - I'd cover my bald spot with a long flap of hair
 - I'd buy a hairpiece
 - I'd use a special shampoo to slow baldness
 - I'd use medications like Rogaine
 - I'd undergo hair surgery of some sort, like hair plugs