

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 fiancé look attractive?
 - it's extremely important
 - it's important
 - it's important only when he'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 fiancé?
 - yes
 - no, I expect my fiancé to be more well groomed
 - no, I expect my fiancé 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. applying make up, 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 husband to achieve a certain look?
- 5 minutes
 - 15 minutes
 - 30 minutes
 - an hour
 - more than an hour
6. Do you intend to buy your husband's clothes so your preferences are guaranteed?
- definitely
 - likely
 - once in a while
 - only if he asks me to do so
 - never
7. Do you intend to select what your husband wears to given events (e.g. an important meeting, a wedding)?
- definitely
 - likely
 - once in a while
 - only if he asks me to do so
 - never
8. Once you're married, do you intend to shave your legs regularly?
- yes
 - only in the summer
 - only if I'm wearing something that shows my legs (e.g. party dress)
 - yes, especially before we make love
 - if my husband wants me to do so
 - no

Reading Tip

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

9. Once you're married, do you intend to shave your underarms regularly?
- yes
 - only in the summer
 - only if I'm wearing something that shows my underarms (e.g. party dress)
 - yes, especially before we make love
 - if my husband wants me to do so
 - no
10. How would you feel if your husband grew a moustache?
- great (he already has one)
 - I think it would be attractive
 - I wouldn't mind, as long as he keeps it neat (addressed in chapter 13, question 11 of the man's quiz)
 - I'd be okay with it
 - I wouldn't like it
 - I'd hate it and insist he shave
 - I wouldn't like how it feels to kiss him
 - I don't care one way or the other
11. How would you feel if your husband grew a beard?
- great (he already has one)
 - I think it would be attractive
 - I wouldn't mind, as long as he keeps it neat (addressed in chapter 13, question 11 of the man's quiz)
 - I'd be okay with it
 - I wouldn't like it
 - I'd hate it and insist he shave
 - I wouldn't like how it feels to kiss him
 - I don't care one way or the other
12. If your husband were clean-shaven, how often would you expect him to shave?
- twice a day
 - once a day
 - as often as he needs to in order to look neat
 - as often as he needs to so he doesn't scratch me when he kisses me
 - twice a week
 - once a week
 - I wouldn't care
 - I think it feels sexy when his face is a bit scratchy

13. If you noticed an offensive odor coming from your husband, what would you do?
- I'd ignore it
 - I'd ignore it, but I'd refuse to get close to him
 - I'd gently hint that he needs to take a shower or brush his teeth
 - I'd tell him what I'm smelling (i.e. that he stinks) and ask him 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 buy more cosmetics/moisturizers
 - I'd diet
 - I'd exercise more regularly
 - I'd dye my hair
 - I'd save up for spa treatments
 - I'd try herbal treatments (e.g. cucumbers on the eyes)
 - I'd wear uncomfortable undergarments like a girdle or underwire bra
 - 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 husband 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 husband were to gain weight, would it affect how attractive you find him?
- yes
 - no
 - it depends on how much weight he gained
 - I hope he doesn't gain any weight
19. If your husband gains more weight than you would like, what would you do?
- I wouldn't do anything
 - I'd nag him every day to lose weight
 - I'd encourage him to lose weight by buying him exercise equipment or by signing him up to a gym
 - I'd sign up with him to go to a fitness club so we could help each other stay in shape
 - I'd encourage him to diet
 - I'd eat or cook foods appropriate for his diet
 - I'd make sure there were no snacks in the house
 - I'd comment favorably on the attractiveness of men more slim than he is
 - I'd make insulting comments about his weight
 - I'd pin a picture on the fridge of him looking fat
 - other _____
20. If your husband were to go bald, would you find him less attractive?
- no, I find bald men attractive
 - no, I don't care if he goes bald
 - maybe
 - definitely
21. If he were to go bald, what would you expect him to do?
- nothing
 - cover his bald spot with a long flap of hair
 - buy a hair piece
 - use a special shampoo to slow baldness
 - use medications like Rogaine
 - undergo hair surgery of some sort, like hair plugs