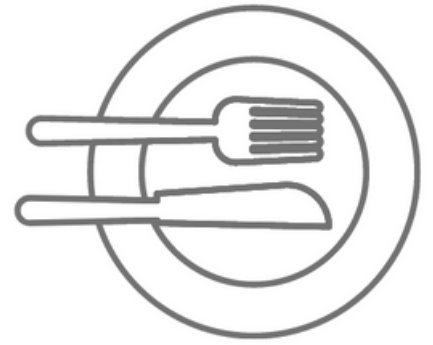


My Relationship With Food



Think back about when, how, and what you learned about food, dessert, snacks, when and how often to eat.

A. What do you remember about messages you heard about food and how you learned to incorporate these messages?

B. Did you learn to associate food with safety or comfort, reward, punishment, love, shame, happiness, etc.?

C. Any food traditions/memories you have a hard time letting go of from your earlier years (childhood or adulthood)?

D. What does a healthier relationship with food look like for you?
