MY MEAL CULTURE



Use this worksheet to create your meal culture. It should include your values, how you desire to spend time while preparing, enjoying and cleaning up after meals. Meals should be healing and not stressful, so knowing what you want and need in order to enjoy your meals is an important first step.

HOW I WANT TO ENJOY MY MEALS...

MY VALUES

HOW DO I WISH TO ENJOY FOOD IN SOCIAL SETTINGS

WHAT TRIGGERS ME WHEN EATING MEALS IN SOCIAL SETTINGS

HOW CAN I DEAL WITH TRIGGERS

WHAT ARE SOME THINGS I WANT TO CHANGE FROM HOW MEALS WERE IN MY FAMILY

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