

# Mindful Eating

**Materials:**

- Any food or snack

**What food did you select?**

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**Instructions:**

*Sit comfortably in a place where you can focus your attention on your experience. **Where did you sit?***

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*Focus on a single type or piece of food. Pay attention to the way it looks and the thoughts that come to your mind when you look at it. **What types of thoughts did you have during this portion of the exercise?***

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*Bring the food to your nose and smell it. **What do you notice when you smell the food? What does it smell like? What does it make you think of?***

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*Now put the food into your mouth, but do not chew or swallow it right away. Pay attention to the texture and taste of the food. **What thoughts do you have when you have the food in your mouth without chewing it?***

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*Now let yourself chew and swallow the food, but pay attention to the experience of eating the food as you do so. **Notice and document your thoughts and experience as you complete this final step in the exercise.***

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