Eating *Mindfully*

- First, let’s talk about what words come to mind when you hear the word *chocolate*.
- Now, take a deep breath and get in a comfortable position.
- Unwrap your candy bar and observe the color and shape of it.
- Describe the texture to yourself.
- Pick it up and smell it, inhaling deeply.
- Put the chocolate on your tongue but don’t chew it yet.
- Push it around your mouth and feel the texture.
- Be aware of any thoughts or feelings that come to mind.
- Notice if these thoughts or feelings are negative or positive.
- Don’t push the negative thoughts from your mind.
- Focus your attention on the taste and texture of the chocolate.
- Listen to the sound of chewing the chocolate.
- Feel it slide down your throat.
- Imagine the chocolate going into your stomach.
- Be aware of the food from start to finish by noticing your movements, noticing when you swallow, and by noticing the aroma and feeling that the food brings.
- Repeat

*Adapted from Eating Mindfully*