

## Your Eating Environment Activity

How much time do you allot for meals?

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Where do you eat most of your meals?

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Are you engaged in other activities while eating, such as FaceTime, reading the news, or watching TV?

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Who do you eat with - a friend, partner, family members, or someone else? Or are you eating alone?

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Describe where you usually eat. Is it at a table at home, at a table in the dining hall, in your room? What does it look and sound like?

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Which emotions do you generally feel when you eat? Are you calm, anxious, bored, content, tired, or something else?

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Reflection:

What are your impressions of your current eating environment?

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Do you notice any themes or trends from your responses above?

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How might your eating environment affect attunement?

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