Your Eating Environment Activity

How much time do you allot for meals?
_____________________________________________________________________________________
_________________________________________________________________________________

Where do you eat most of your meals?
_____________________________________________________________________________________
_________________________________________________________________________________

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

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

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?
_____________________________________________________________________________________
_________________________________________________________________________________

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

Reflection:

What are your impressions of your current eating environment?
_____________________________________________________________________________________
_________________________________________________________________________________

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

How might your eating environment affect attunement?
_____________________________________________________________________________________
_________________________________________________________________________________