WHERE ARE YOU NOW?
RELATIONSHIP WITH FOOD QUESTIONNAIRE

1. What's your level of stress or relaxation when you eat?

2. How much actual pleasure do you receive from your food?

3. How present are you at each meal and the sensations in it?

4. What thoughts go through your mind when you eat?

5. What times do you eat, how often, and how many meals are skipped?

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6. List some of the foods you have identified as “bad” or “good”. What happens and how do you feel when you eat “bad” foods.

7. Describe your relationship with food (include your history and present situation).

8. What foods are truly nourishing to you? What foods make you feel really good (doesn’t necessarily have to be ‘healthy’ foods)

9. What are some of your roadblocks? Why do you get ‘derailed’ from your eating and exercise plan? How have you ‘failed’ in the past?

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