

Fearless Eating Exposure

Choose a food item that you “crave” or identify as a food that often makes you feel “out of control” when eating it. Choose the best sample or *single serving* of this food item. (no generic, low calorie or low-fat versions) Do not attempt this activity when very hungry, you should be physically neutral. Sit at a table with the food with a pen and paper.

1. Take a few slow breaths – deep inhale, hold briefly, with a slow exaggerated exhale.
2. Identify a craving or level of activated energy toward this food on a scale of 1 – 10.
3. *Do not begin to eat this food until you are instructed to do so.*
4. Write a subjective narrative about your relationship with this food. “I felt (describe) when I remember the first time I (memory-who, what, where, when) ...continue with a narrative about your history with this food. Write until you have exhausted initial energy. (may need to take measures to keep food cold or warm during this activity)
5. Identify a craving or level of activated energy toward this food on a scale of 1 to 10.
6. Write an objective narrative (or review) about this food in the present moment without judgement, using “beginners mind”, as if being introduced to this food for the first time.
 - a. Describe the colors, shape and basic ingredients that make up this food.
 - b. Smell the food. Describe.
 - c. Take a small bite or piece of the food and let it sit in your mouth with out chewing. Describe the taste.
 - d. Begin to chew this bite or piece of food without thinking about the next bite coming. Describe the taste and texture.
7. Mindfully eat a few more bites of this food, slowly, one small bit at a time. *Do not eat the entire portion of this food.* When there is still food left. STOP. Push away, throw away or destroy and return to the table.
8. Identify a craving or level of activated energy toward this food on a scale of 1 to 10.
9. Describe the experience.
 - a. Was the food as good as you imagined it to be?
 - b. How was the experience different than your typical interactions with this food?
 - c. How did you feel about the process of this activity?
 - d. Take a deep breath. Identify a final craving or activated energy level toward this food on a scale of 1 to 10.
10. Share your journal and experience with someone who you trust and understands or shares your struggle with food. Do not eat these foods outside of these exposures. Repeat this activity until your relationship to these foods begin to change.