

EXERCISE: "SOUP'S ON"

You'll need a notebook, or this printed-out computer file, to write down your answers.

1. What were some of your favorite things to eat?

2. What were some of your least favorite things to eat?

3. Who did you share food with, if anyone?

4. Did anyone cook for you?

5. Did you cook for anyone else?

6. Did your family share meals or have other rituals that revolved around food?

7. Do you have generally positive or negative memories of eating with other people?

8. Write down whatever comes to mind, whether it is a list of words and phrases, a drawing, or a story.
