

## **Preparation for G381 – Our Relationship With Food**

Food and eating are so much a part of our lives that we may not usually give them much thought. This session is designed to help us explore our relationship with food. As always, it isn't necessary to answer all the questions. Choose the one(s) that speak to you the most.

1. Share your thoughts about cooking for others, or having someone cook for you.
2. How has your cultural experience of food changed throughout your life?
3. Tell us about some of your food rules.
4. Share a story about how adventurous, or not, you are with food.
5. Share thoughts about enjoying your food.
6. What role does food play in your life?
7. How do you normally eat?
8. What makes food or eating more spiritual or meaningful for you?
9. Tell us about some of your favorite foods.
10. Talk about all of the reasons you eat.
11. Share some of your challenges around food.
12. What would you like to change about your relationship with food?