

Figuring out what is going wrong, or what is going right

For this worksheet, take a recent meal which has been challenging. Try and expand as much as you can on your answers. Make one at each challenging meal and then compare them, are there any similarities? Are these similarities the common cause in the eating struggle? Is it something you could remove and test a meal without?

What specifically went wrong/ right? *They managed none of the meal? They wouldn't sit down? They got angry? Everything went perfectly? The more detail the better.*

What was the person doing before the meal? Think about their mood. Were they doing something stressful?

What were they eating? Spicy food? Crunchy food? Slimy food? Remember your loved one may be more sensitive to this than you so try and put yourself in their shoes. Who prepped the food? Was it the same as it normally is?

What was the eating environment like? Were there strong smells? Was there background noise? Where were they sitting?

Who was there? Mum? Dad? Husband? Who was talking? What were they talking about? Where were they sitting? Were they eating too? How did other people react when food was eaten? How did they react when things went wrong/right?

What was their mood like throughout? Did they say anything? Did they seem anxious? Irritable? Try and think beginning, middle and end and think of potential triggers.

Any other important bits of information? Did they have a full bladder? This could increase the feeling of fullness and reduce hunger. What time of day was it?