HEALING MY RELATIONSHIP WITH FOOD

Workbook | Understanding my experiences

Food can be connected to comfort, safety, uncertainty, memory and sensory experience.

Our relationship with food is shaped by more than appetite. Sensory sensitivities, routine, executive functioning, past criticism, anxiety, access to food and energy levels can all influence eating. This workbook invites curiosity rather than judgement.

1. What has food felt like for me?

Think about earlier messages, experiences or expectations around food. Which have stayed with you, and how do they affect you now?

2. When does eating feel easier or safer?

Consider the place, company, predictability, textures, temperature, timing or familiar foods that help you feel settled.

3. What would I like others to understand?

You might describe something people misinterpret as being difficult, fussy or unwilling, when your experience is more complex.

HEALING MY RELATIONSHIP WITH FOOD

Workbook | Understanding my needs

Recognising barriers can help us respond with support rather than blame.

Some days the difficulty is sensory; on others it may be fatigue, decision-making, shopping, preparation, uncertainty or stress. Safe and familiar foods can be valuable sources of nourishment and predictability. Support should respect your needs and autonomy.

1. My sensory needs

Which smells, textures, flavours, sounds, temperatures or mixed foods are difficult? What alternatives feel more manageable?

2. My practical barriers

Think about planning, remembering to eat, shopping, cooking, washing up, transitions and low-energy days. Which parts use the most capacity?

3. What helps without adding pressure?

Consider predictable options, accessible food, reminders, supportive company, flexible routines or adjustments to the environment.

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Workbook | My personal support plan

Small, compassionate adjustments can make food feel more manageable.

There is no requirement to earn food, finish a plate or try something new to make progress. Begin with what is safe and possible. If eating is causing significant distress, nutritional restriction or physical symptoms, seek individual support from a qualified clinician.

1. Foods and routines I can rely on

List familiar foods, helpful combinations, easy preparation methods or routines that make nourishment more accessible.

2. My low-capacity plan

What could I keep available for days when shopping, cooking or decisions feel too much? Who or what could support me?

3. One change I can explore at my own pace

Choose an adjustment that reduces pressure rather than creates a new rule. What would make it feel safe and achievable?

4. A kinder message to myself

What could you say to yourself when eating feels difficult, or when your needs are different from someone else's?