

Mindful eating exercise with Chocolate

This should take around 3-4 minutes.

You will need a small square of chocolate

Please read and consider each step one at a time. Approach the exercise with an open mind and a gentle curiosity. There are no rights or wrongs.

1. Consider the wrapped chocolate: Does the wrapper make a sound? What colour is it? What does it say? Where did it come from?
2. Open the chocolate, slowly: Do you feel a sense of anticipation, or an urge to immediately put the chocolate in your mouth?
3. What physical sensations do you have? What emotions are you feeling? Just note them.
4. Look at the chocolate: Consider its texture, colour, weight... Smell the chocolate - does the smell trigger any other senses? Where do you feel your sense of smell?
5. Place the chocolate in your mouth but DO NOT EAT!! How does it feel as it melts? Where in your mouth can you taste it? What is the consistency? What is happening with your mouth, teeth, tongue, lips as it melts?
6. Move the chocolate around your mouth: Does the area of taste change? Does the taste itself change? What is happening to the chocolate? How do you feel?
7. Swallow the chocolate: Focus on the sensation. Is there a lingering taste? How do you feel physically and emotionally? Take a little while to consider the experience.