

PRIMARY PROGRAMMERS

1. Who were your primary programmers when you were young? Who taught you about food and about your body?
2. What did they say? (Examples: You'll always be a big girl. You're big boned. You're bigger than... You need to lose weight. You're fat.)
3. What did they model? (Examples: Mom always dieting, overeating, deprivation, celebration with food, rewarded with food, cleaning plates, never wasting food, etc.)
4. What did you experience? (Examples: Food as comfort? Joy from food? Lack of food as punishment, etc.)



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1) When I was younger, food was always:

2) Exercise was always:

3) My body was always:

4) I was always:

5) Beauty meant:

6) Joy meant:

7) Paint meant:

