

# The Mindful Eating Map

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## Step 1

- 1a.** Stretch your *ability to engage in non judgmental observation* of the current situation

The current situation includes three areas of focus:

- 1b.** Sensory experience:  
taste, sight, sound, feel, hunger, fullness, satiety, wellness, illness, pain, discomfort, etc.
- 1c.** Thought experience.
- 1d.** Emotional experience.

## Step 2.

- 2a.** Try to *categorize your observations*

Are they pleasant, neutral/unsure or unpleasant?

## Step 3.

- 3a.** *Identify your personal needs* with self-compassion.
- 3b.** Describe the steps available to reduce the negative experience associated with your unmet needs.
- 3c.** Dig even deeper, and add a level of self-compassion to your evaluation. What opportunities exist for you to meet your physical, emotional and social in a way that does not cause harm to yourself or others.

## Step 4.

- 4a.** *Set your* self-compassionate *intention to reduce* the negative experience associated with *your unmet needs*.
- 4b.** *Follow your intention* to reduce the negative experience associated with your unmet needs *with self-compassion*.

## Step 5.

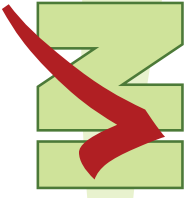
- 5a.** *Advocate for yourself* and all living beings *ethically*

*Mindful Eating Map is inspired by Marshall Rosenberg, CNVC.org*

# Mindful Eating Map

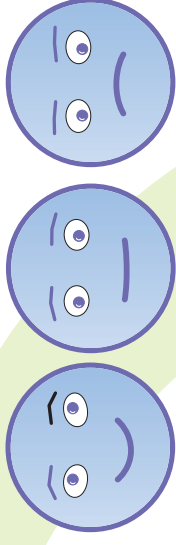
## START YOUR JOURNEY

**STEP 1**  
Engage in non-judgmental observation



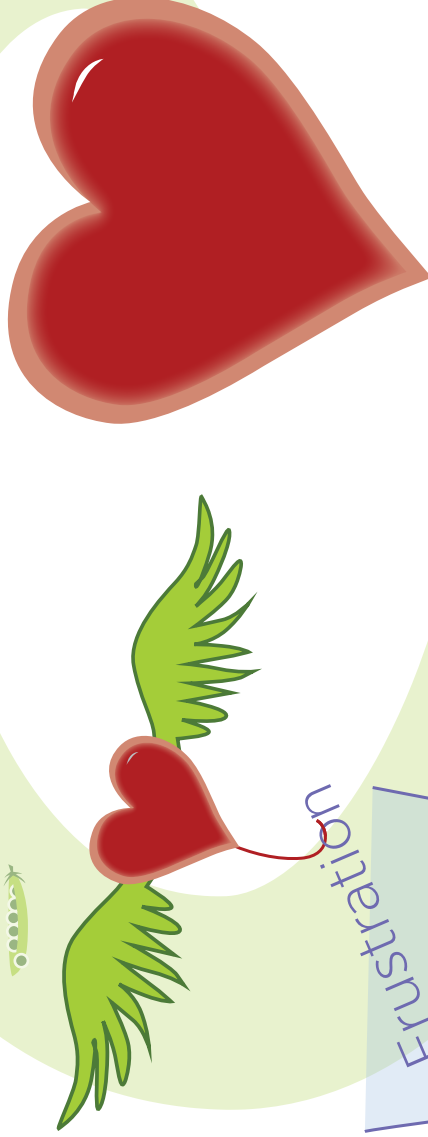
## STEP 2

Categorize your observation



## STEP 5

Advocate for yourself and all living beings ethically



## STEP 4

Set your intention to reduce your unmet needs compassionately



## STEP 3

Identify your personal needs

