

WORKSHEET

Raising an Empowered Eater

1. Why is this topic important to you?

2. Is your child a sensitive child? Can you think of specific instances that show this?

3. What do you think about this idea of becoming an emotion coach? What are ways you can start to practice or improve how you are an emotion coach to your child?

4. How would you describe your own relationship with food, eating and your body? Do you feel like you are an empowered eater? Why or why not?

5. In what ways do you think you and your child could benefit from learning and practicing the empowered eating process and emotional processing skills?