

Eating Around Other People

For meals with other people, when being watched makes eating harder than it already is.

WHEN TO USE THIS

Use this before or after a meal with others that you were dreading.

Which meals with other people are hardest for you?

Work lunch, family dinner, a date, eating in front of someone new.

What are you worried they are noticing?

Think back over the last few. What made a difference either way?

MADE IT EASIER

MADE IT HARDER

What is one thing you could set up before the next one?

Choose the place, sit facing away, go with someone easy.

Most people at the table are thinking about their own plate. It rarely feels that way.