

FOOD IDENTITY

7-Question Reflection Guide

A few quiet minutes. A different way to look
at a food choice that feels automatic.

**The problem may not be the food.
It may be what the food means.**

Bonifacio Sulprizio

Before you answer

Choose one recent food choice that felt automatic, emotionally loaded, or simply familiar. You do not need to fix it. Just look at it closely.

1. What happened just before the choice?

Notice the moment, place, people, thought, feeling, or routine that came immediately before it.

2. What were you actually looking for in that moment?

Hunger may be part of the answer. So may comfort, relief, reward, familiarity, connection, or a pause.

3. What does this food mean to you?

Go beyond taste. What memory, person, place, ritual, or version of yourself is connected to it?

Look for the pattern

4. When have you made a similar choice before?

Look for repetition: a time of day, mood, social situation, stressor, reward, or familiar sequence.

5. What happens between the trigger and the choice?

Notice the sequence: the thought, feeling, urge, or small action that seems to carry you from the cue to the food.

6. What triggered this choice?

If you had to point to one cue - internal or external - what would it be?

7. What might become possible once you can see it?

Do not force a solution. Simply notice what changes when the pattern is no longer invisible.

One last thing.

You are not trying to win an argument with yourself. The purpose of these questions is simpler: to make an invisible pattern visible.

Notice first. Decide later.

If these questions helped you see something you had not noticed before, **FOOD IDENTITY goes further**: it explores how food can become connected to memory, meaning and automatic patterns - and why seeing those patterns can change what comes next.

This guide is for reflection and education. It is not a diet plan, medical advice, psychological treatment, or a substitute for professional care.

FOOD IDENTITY

It's not about food. It's about what food means.

Bonifacio Sulprizio