

Mindful Construal Diary-Chocolate (MCD-C)

Please try to focus on the following questions during the time you are consuming the chocolate.

Some questions may not relate to the chocolate, but are there for you to consider what you might think or feel during this tasting.

You may have the questions in front of you and consider them without writing at all. Keep those questions in mind by revisiting them as often as you can.

Initially, let's get into the experience of eating chocolate. Focus on the next three questions for the first 2 minutes and take your time to consider the smell, taste, and texture of this piece of chocolate.

Hold it in your palm (1min).

How does it smell?

What is the texture of it?

How does it taste?

Now, place the piece on your tongue (1min).

OK, now it is all about you!

Try to revisit the questions above after considering each question below.

How patient am I now that thoughts and feelings are not allowing me to experience the pleasure of eating this piece of chocolate?

How important is it for me and all people to experience and eat chocolate this way?

How is this meal important right now?

