

## How Fear Controls My Eating:

### Directions for the Group:

- \_\_\_ Select a group **discussion leader** to read each item aloud.
  
- \_\_\_ Select a group **note-taker** to jot down responses from the group for each item.
  
- \_\_\_ Select a group **spokesperson** that is willing to share the groups findings.
  
- \_\_\_ Answer items **1 thru 3**. Item 4 is optional.
  
- \_\_\_ Turn in completed **“notes”** sheet to facilitator.

Thanks