

THE
Catholic
T A B L E

LESSON 1
IN THE LOOKING GLASS
MY BATTLE WITH ANOREXIA

1. How do you approach food? With excitement? Fear? Joy? Anxiety?
Another emotion? Why do you think you approach food that way?
2. Is this approach different from how you approached food 5, 10, 15, or 20 years ago?
If so, what do you think accounts for the change?
3. What was your family's attitude towards food when you were growing up?
How much do you see that attitude shaping your attitude today or shaping
how food is treated in your home now?
4. What is one of the most hurtful things that has ever been said to you?
How has that affected you or shaped your understanding of yourself over the years?
5. How have the ways you've been hurt in the past led you to do hurtful things,
either to yourself or to others?
6. Do you or have you ever found your self worth in something other than God?
What? What was or is the danger in doing that?
7. What is one negative behavioral cycle from which you've broken free?
How did you do that? Are there any other negative behavioral cycles from which
you still need to break free?
8. What does the Eucharist mean to you?
9. Have you ever made the connection between the Eucharist and food?
What do you think about it?