



# Food Exposure Goals

Remember that food fears are often rooted in assumptions or predictions rather than facts. Utilize this activity as a tool to test your beliefs about foods you tend to avoid. Follow these steps:

1. **Choose a food from the “avoid a little” column on the lefthand side, the ones you rated 1 to 3 (out of 10).**

Food: \_\_\_\_\_ Rating \_\_\_\_ / 10

2. **Describe your fear or hesitation in eating this food:**

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3. **What is your plan to try this food?**

When? \_\_\_\_\_

Where? \_\_\_\_\_

With whom? \_\_\_\_\_

4. **Rate your experience:**

Before: \_\_\_\_ / 10.    During: \_\_\_\_ / 10.    After: \_\_\_\_ / 10.

5. **What actually happened?**

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6. **Did your experience surprise you? If so, how?**

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Gradually increase your exposure to foods in the higher columns (rated 4+). The goal is to try at least one new food per week. Repeat this exercise until you are more comfortable trying new foods without fear.