

How to Eat Chocolate Mindfully: 6 Steps

Use 1 oz of dark or milk chocolate to practice this mindful eating exercise.



1. Sit Down: Sit down. Put aside whatever you are doing. Hold the piece of chocolate. Notice the weight of the candy in your hand. Look at it closely. Use at least three words to describe the chocolate to yourself.

2. Sniff the Aroma: Bring the chocolate up to your nose, and inhale deeply. The aroma of chocolate can tap into powerful feelings and memories. Notice what floats into your mind.

3. Section into Pieces: As you unwrap it, listen closely to the crinkle of the foil or paper. If it is not wrapped, pay attention to the snapping sound as you break it off into sections.

4. Slowly Eat: Notice your speed. Intentionally set your pace. What does your mind tell you about the chocolate? Does it spark an emotion? Guilt? Pleasure? Desire?

5. Savor each Bite: Place the chocolate in your mouth. Notice the flavor, richness, and texture. Pay attention to how the sensations change as it melts and molds to your mouth. Observe the feeling of the chocolate slipping down your throat into your stomach.

6. Smile :) : Sometimes you may find yourself thinking about the next piece of chocolate before even finishing the one you have. Intentionally pause and smile for a moment before even considering another piece or moving onto your next action.

These **6 steps**
will help you to eat chocolate mindfully.
It takes practice!

Notice how different this is from
automatically popping pieces of
chocolate mindlessly into your mouth.

Use this to method to maximize the
pleasure of eating chocolate!

