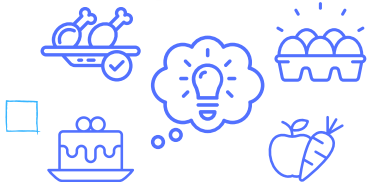


I'd like to talk about what I eat...



Getting ready...



I have thought about what I would like to eat



Is the person I'm speaking to open to the idea of helping me?



I am ready to explain my food choices.



Do I have what I need to hear and see properly?

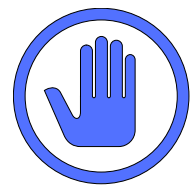
During the conversation I will remember...



This is all about me.



I have been an adult for a long time. I am the expert on me.



I can stop the conversation at any time.

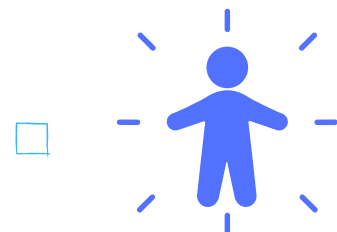
Before I leave I will make sure...



I have said everything I wanted to say about my food.



I have given all my ideas about what would make it better for me.



If the person I've been speaking to is not the right person - do I have someone else to talk to?



Do I feel better after the conversation?

