

# Family & Social Dynamics



When it comes to family and social dynamics, it's recommended to be prepared! Use this worksheet to get clear on your own process, and to healthfully navigate relationships.

1. Do you feel secure in choosing to be plant-based?
2. Why are you plant-based?
3. What do you want with this path, in terms of relating with others you care about?
4. What triggers you in relationships around food?
5. Are you allowing and accepting of other peoples food choices, or do you judge?

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6. Do you offer unsolicited advice about food? If so, why? How does it affect your relationships? What are your other options?
  
7. Do you have understanding for other peoples choices with food, that may not agree with your own?
  
8. If someone you care about is unkind or rude to you about your food choices, how do you handle it?
  
9. If you get distracted by what other people eat and drink, rather than honoring your own needs, how can you best take care of yourself - without alienating others?
  
10. If you feel offended by an act or words from another, how do you handle it if you first (self) reflect, rather than react?
  
11. If you experience gaps with others, because of your healthy path, how can you create intimacy instead of distance (while staying true to yourself)?