WORKSHEET 38 · FOR THE PSYCHOLOGIST

The raisin

Discovering mindfulness by eating a food very slowly

AIM

Directly experience the difference between “autopilot” and mindful attention, by observing a simple food with all the senses, as if for the first time.

WHO IT IS FOR

First contact with mindfulness; rumination, autopilot. Adults and adolescents.

DURATION

5-10 min

HOW TO RUN IT

1. Hand out a raisin (or another small food). Suggest observing it as an unknown object.
2. Guide slowly: looking, touching, smelling, listening while rolling it near the ear, and placing it on the tongue without biting.
3. Then biting slowly, noticing the flavours, the urge to swallow and the moment of swallowing.
4. Discuss: what was noticed? How is it different from eating normally? Where did the mind go?
5. Suggest eating part of a meal in this way during the week.

POINTS TO WATCH

> Check for allergies and adapt if there is an eating disorder (use another object, such as a stone or a shell). No “right” experience is expected.

REFERENCES

Kabat-Zinn, J. (1990). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Delacorte.

Segal, Z. V., Williams, J. M. G. & Teasdale, J. D. (2013). Mindfulness-Based Cognitive Therapy for Depression (2nd ed.). Guilford.

PSYCHOLOGIST’S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 38 · WORKSHEET TO HAND OUT

Eating mindfully

We almost always eat while thinking about something else. This exercise invites you to do the opposite: discover a very simple food with all your senses, as if for the first time.

1. Take a raisin (or a small food). Look at it as if you had never seen one before.
2. Touch it, smell it, bring it close to your ear.
3. Put it on your tongue without biting, then bite very slowly. Notice the flavours.
4. Notice the urge to swallow, and swallow. When your mind wanders, come back to the food.

Day	Food or meal	What I noticed	Where my mind went

What changes when I eat while paying attention?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications