

Beginner Meeting Questionnaire – Suppers For Sobriety

Will Suppers Benefit You?

1. Does at least one of the following problems occur in your biological family?
 - Obesity or struggles with weight
 - Diabetes or hypoglycemia
 - Alcoholism or problem drinking

2. Does at least one of the following problems occur in your biological family?
 - Depression
 - Anxiety
 - Learning issues
 - Insomnia or inadequate sleep

3. Do you personally experience at least one item from question 1 and one item from question 2?

4. Can you take or leave coffee?

5. Can you take or leave pastries, chips, cookies or bread?

6. Can you take or leave chocolate?

7. Can you take or leave soft drinks, diet or regular?

8. Can you take or leave alcohol?

9. Do you skip breakfast?

10. Women: do/did your answers to questions 4-8 depend on the time of the month?

11. Is your evening weight more than two pounds greater than your morning weight?

12. Do you regularly eat meals made from whole foods (like fresh vegetables, meat or fish, legumes and whole grains)?

13. Do you know your blood type, and if so, do you know how to eat accordingly?

14. Are you satisfied with how you manage your stress level?

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15. Do you regularly engage in exercise or some meaningful physical activity?

16. Do you eat regularly at the family table?

Interpretation

Questions 1–3

If you answered yes to all 3, you are a good candidate for Suppers meetings. Your answers suggest that the solutions to your health challenges need to include diet and lifestyle style change to support stable blood sugar and mood chemistry.

Questions 4–8

If you feel pulled in by these items, you may have a relationship with addictive items in the food supply that are likely to affect mood, sleep, and mental function. Again, we'd like to invite you to try Suppers. Over time, we can give you support you need to reduce your dependence on drug-like foods and beverages, if you choose.

Question 9

Some of the most dramatic improvements we have seen have been around breakfasting behavior: relief from panic attacks; relief from depression; relief from cravings. At Suppers you'll learn why and get support finding what works for your body.

Question 10

Increased cravings and mood swings around the cycle can sometimes be normalized with a stabilizing diet. At very least, stabilizing includes a healthy diet.

Question 11

If your evening weight is more than 2 pounds greater than your morning weight, it is likely to be an indication that your body does not tolerate something you are eating or drinking. True weight does not go up in a day. Fluid retention, or edema, comes from consuming something toxic or something to which you are allergic or "hypersensitive", often an item with which you feel an addictive relationship.

Question 12

The health issues listed in questions 1 and 2 relate to food and beverage refining processes. If these items were not in the food supply, the problems would hardly exist. If you would like to learn how to prepare whole foods, we hope you will join us for Suppers.

Question 13

At Suppers we don't promote any specific diet, but we do support people as they try on different ways of eating. Some of our best results have come when people made food choices informed by their blood type.

Question 14

Stress itself is very destabilizing for blood sugar and mood chemistry. It is, ultimately, also very fattening. At Suppers you will learn very simple techniques to reduce stress and become more aware of the effects of foods and stress on your body. If you experience a combination of the challenges in question 1 – 3, your diet itself is a source of stress. At Suppers, the #1 way we can help is by supporting you as you find the best way for you to

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eat. A close second is learning to manage stress better, through breathing exercises, guided meditations, and body awareness exercises.

Question 15

Everybody already knows we need exercise and meaningful physical activity. The habit is hard to establish. Your therapeutic friends at Suppers meetings can help you set doable goals, even walk or exercise together with you.

Question 16

Research on the positive effects of eating at a family table is clear: Children who eat regular meals with their parents are at reduced risk for alcohol, tobacco and drug use. If you don't know how to make family tables a reality in your household, we hope you'll accept our invitation to Suppers.