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# Smell Memories

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## EPISODE 9

- Make a list of the foods that mean comfort to you.  
Why do those foods mean "comfort"? What are the particular memory stories of that food?
- Make a list of the foods that mean joy to you.  
Why do they mean joy to you? What are the particular memory stories of that food?
- Continue this process with lists of the foods that mean celebration, love, relief, fun, reward and any other emotions you want to look into, and the memory stories associated.
- Can you see how the stories about these foods create the meaning, and not the foods themselves?