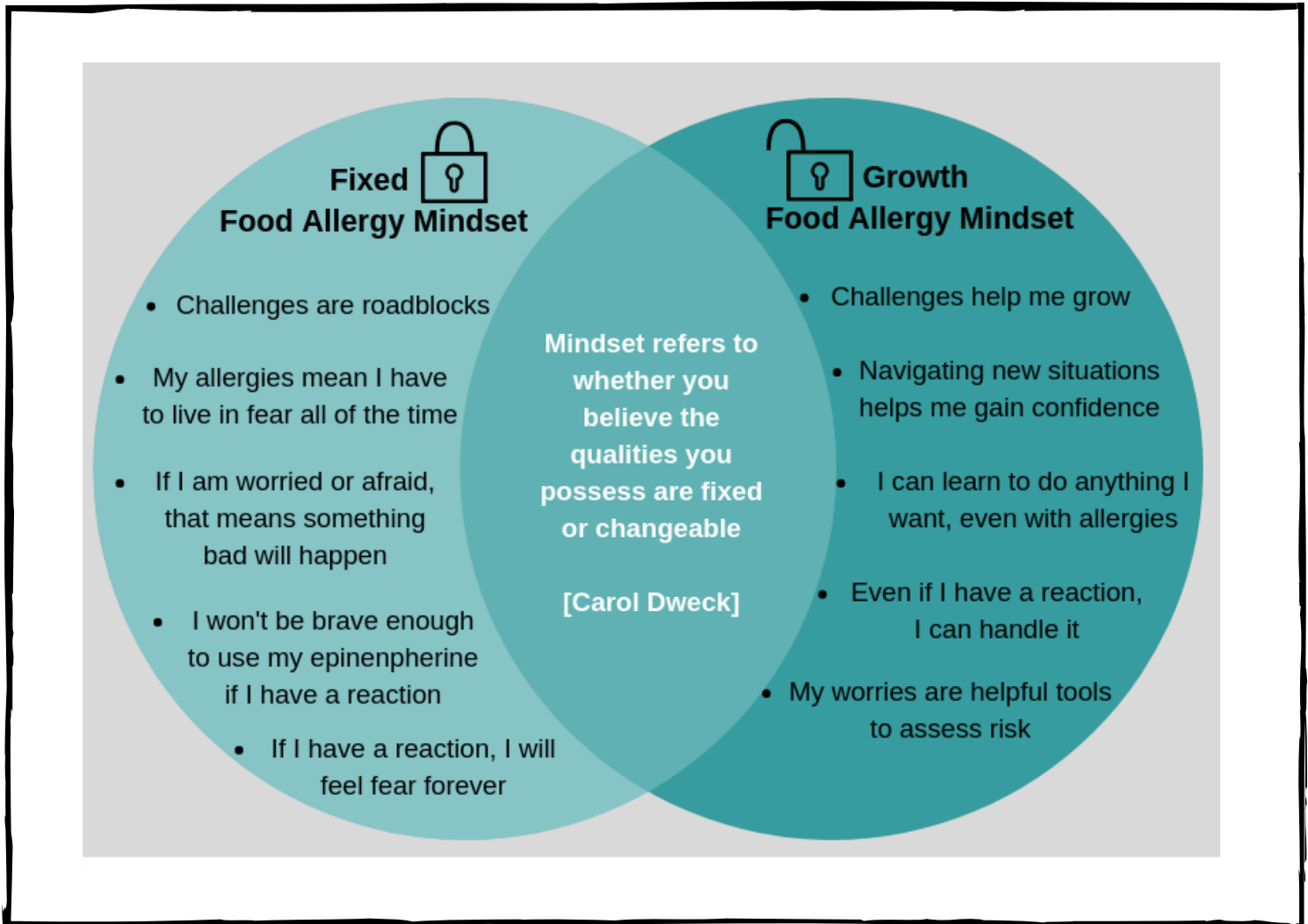


# Food Allergy "Mindset Matters" Activity

*Understanding your mindset helps in the management of food allergy fears*



**Mindset**, a concept created by Carol Dweck, PhD, refers to whether you *believe the qualities you possess make you capable of handling tough situations.*

When wearing "*fixed mindset*" glasses, you're more likely to believe that you're not able to deal with tough situations or choices.

With "*growth mindset*" glasses on, you're better able to envision yourself getting through roadblocks standing in your way.

**So, what is YOUR overall food allergy mindset ?**

**Directions:**

Use the Food Allergy Mindset Venn Diagram as an example as you explore your own food allergy mindset. Then create your own using the space below.

**For more information:** [www.FoodAllergyCounselor.com/blog/category/mindset](http://www.FoodAllergyCounselor.com/blog/category/mindset)

