

# Exploring Vulnerability & Food Allergies

## *5 Steps to Help You Move From Doubt to Confidence*

This handout is based on the content explored in Episode 03 of the *Exploring Food Allergy Families* podcast. It's beneficial to listen to it to better understand this worksheet.

Learn more about the podcast at [www.FoodAllergyFamilies.com](http://www.FoodAllergyFamilies.com), or find it via podcast apps.

### **STEP 1: Be An Investigator - Name & Acknowledge Your Vulnerable Feelings**

This step might feel pretty hard because it's asking for you to be brutally honest. Explore and write down what's at the core of your vulnerable feelings.

### **STEP 2: Identify the Gaps - What Do You Need to Help Increase Confidence/Courage?**

Make a list of what you need in order to increase your confidence in navigating allergies. What are the gaps that keep you from gaining more confidence? What strategies or actions could keep your vulnerabilities from becoming roadblocks that get in your way?

### **STEP 3: Seek Solutions to Fill those Gaps**

Solutions may include more preparation, practicing strategies more regularly, or identifying sources of reputable information in order to fill the gaps that make you feel more vulnerable.

### **STEP 4: Let Your Values Lead the Way**

Make a list of the values and characteristics that are important to you, or for your child to learn. Then ask yourself "Am I approaching situations the way I want to, or am I letting my fear or discomfort with vulnerability determine my actions?"

### **STEP 5: Track Your Experiences**

Keep a list of tough scenarios you've gotten through on your food allergy journey so far, especially those that may have caused anxiety before doing them. Even if it felt like the journey through these experiences was messy, write them all down. **YOU GOT THROUGH THEM!**