

# Vulnerability Worksheet

<b>Name:</b>	<b>Date:</b>
<b>Understanding vulnerability</b>	
<b>What does vulnerability mean to me?</b>	
Take a moment to reflect on what vulnerability means in your life:	
<b>When I think of being vulnerable, I feel:</b>	
<b>The earliest memory I have of feeling vulnerable is:</b>	
<b>This experience taught me that vulnerability is:</b>	
<b>Experiencing vulnerability</b>	
<b>When and where do I feel most vulnerable?</b>	
Check all that apply.	
<b>In relationships when:</b>	
<input type="checkbox"/> Expressing needs	
<input type="checkbox"/> Showing emotion	
<input type="checkbox"/> Asking for help	
<input type="checkbox"/> Setting boundaries	
<input type="checkbox"/> Other:	
<b>In personal growth when:</b>	
<input type="checkbox"/> Trying something new	
<input type="checkbox"/> Admitting mistakes	
<input type="checkbox"/> Sharing creative work	
<input type="checkbox"/> Being honest with myself	
<input type="checkbox"/> Other:	

**In professional settings when:**

- ☐ Speaking up
- ☐ Taking risks
- ☐ Receiving feedback
- ☐ Showing uncertainty
- ☐ Other:

**I tend to feel most vulnerable when:**

**My typical response to feeling vulnerable is:**

**The people I feel safe being vulnerable with are:**

**Protecting oneself from vulnerability**

**What are the ways I protect myself from feeling vulnerable?**

- ☐ Perfectionism
- ☐ Humor/deflection
- ☐ Staying busy
- ☐ Withdrawal
- ☐ Other:

**How did these protection mechanisms develop?**

**What do these mechanisms protect me from?**

**What might they be keeping me from experiencing?**

## Exploring vulnerability

**Describe a time when being vulnerable led to something positive:**

**What did this experience teach me?**

**When I allow myself to be vulnerable, I am able to:**

- ☐ Form deeper connections
- ☐ Learn and grow
- ☐ Be more authentic
- ☐ Experience greater intimacy
- ☐ Other:

**Being vulnerable allows me to:**

**When I embrace vulnerability, I:**

**My commitment to myself about vulnerability is:**

**Identify 3 small ways you can practice healthy vulnerability.**

1.

2.

3.

**Personal reflection**