

Vulnerability Worksheet

Name:

Age: Date:

This worksheet is a tool for exploration and growth in the area of vulnerability. It is designed to facilitate self-awareness, understanding, and empowerment in dealing with vulnerability.

Understanding Vulnerability

Describe what vulnerability means to you.

How do you feel when you think about being vulnerable?

Recall a past experience where you felt vulnerable. Describe the situation.

How did this experience affect you emotionally and behaviorally?

What beliefs do you hold about showing vulnerability?

How do these beliefs impact your willingness to be vulnerable?

Exploring the Impact of Vulnerability

How does vulnerability (or the lack of it) affect your relationships?

Provide examples of times when being vulnerable has impacted your relationships, either positively or negatively.

Reflect on how being vulnerable affects your emotional well-being.

Identify emotions that surface when you show vulnerability.

What fears or resistance do you have regarding being vulnerable?

What are the perceived risks or threats in showing vulnerability?

Strategies for Embracing Vulnerability

List safe spaces and people where you feel comfortable being vulnerable.

Write a self-compassionate statement to yourself about being vulnerable.

Identify and challenge negative beliefs you have about vulnerability.

Outline small steps you can take to practice vulnerability in daily life.

Identify sources of support (people, groups, activities) that can help you in embracing vulnerability.

Action Plan

List specific short-term goals for embracing vulnerability.

List long-term goals for embracing and integrating vulnerability into your life.

Outline specific steps you plan to take to achieve these goals.

Schedule dates for reviewing progress and reflecting on your journey with vulnerability.

Health Professional's Observations, Recommendations, and Notes

Name of Health Professional and Signature:

Name of Practice: