

# Vulnerability Worksheet

Name:

Date:

## Understanding vulnerability

**What does vulnerability mean to me?**

Take a moment to reflect on what vulnerability means in your life:

**When I think of being vulnerable, I feel:**

**The earliest memory I have of feeling vulnerable is:**

**This experience taught me that vulnerability is:**

## Experiencing vulnerability

**When and where do I feel most vulnerable?**

Check all that apply.

**In relationships when:**

- Expressing needs
- Showing emotion
- Asking for help
- Setting boundaries
- Other:

**In personal growth when:**

- Trying something new
- Admitting mistakes
- Sharing creative work
- Being honest with myself
- 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