

Fear of Vulnerability Test

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

This Fear of Vulnerability Test is designed to assess the level of discomfort or fear an individual experiences when expressing vulnerability. It helps mental health professionals identify areas where patients may struggle with openness and emotional exposure. Review the statements. Respond to each statement based on how frequently they experience or agree with it. Use the scale provided for each question, where 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always. Discuss the responses to understand the context and feelings associated with each statement.

QUESTIONS

1. I find it difficult to share my feelings with others.

1 2 3 4 5

2. I worry that being vulnerable will lead to rejection or criticism.

1 2 3 4 5

3. I prefer to keep my problems to myself rather than seeking help.

1 2 3 4 5

4. I feel uncomfortable when others express their emotions to me.

1 2 3 4 5

5. I struggle to trust others with my personal information or feelings.

1 2 3 4 5

6. I avoid situations where I might have to talk about my feelings or experiences.

1 2 3 4 5

7. I fear that showing my true self will lead to being judged or misunderstood.

1 2 3 4 5

8. I have difficulty admitting when I am wrong or have made a mistake.

1 2 3 4 5

9. I often put up a strong front, even when I feel vulnerable inside.

1 2 3 4 5

10. I feel a sense of shame or weakness when discussing my vulnerabilities.

1 2 3 4 5

Total Score: _____

REFLECTION

Reflection

HEALTHCARE PROFESSIONAL'S ADDITIONAL NOTES AND RECOMMENDATIONS

Healthcare Professional's Additional Notes and Recommendations