Vulnerability Worksheet

Name: _____ Date: _____ dd / mm / yyyy

UNDERSTANDING VULNERABILITY

What does vulnerability mean to me?

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

Specify below: