



I'm not robot



**I am not robot!**

Session Why we struggle. In what ways are these evident in you? Describe recent situations in which you felt vulnerable. Scarcity is the “never enough” problem: Never \_\_\_\_\_ enough (we can all fill in the blanks) 3: H FDQ¶W ULVH VWURQJ ZKHQ ZH¶UH RQ WKH UXQ´ (p.), Q WKI FKDSWHU %UHQp GHVFULEHV WKH UXPEOH WRSLFV OLVWHG EHORZ. Grief. 'LVDSRLQWPHQW H[SHFWDWLRQV DQG UHVHQWPHQW /RYH EHORQJLQJ DQG KHDUWEUHDN.)RUJLYHQHV &RPSDVVLRQ DQG HPSDWK\.

“Vulnerability is the core, the heart, the center, of meaningful human experiences.” Do you agree or disagree with this THE POWER OF VULNERABILITY. If so, what are they? How do you experience vulnerability? Scarcity 3: H FDQ¶W ULVH VWURQJ ZKHQ ZH¶UH RQ WKH UXQ´ (p.), Q WKLV FKDSW %UHQp GHVFULEHV WKH UXPEOH WRSLFV OLVWHG EHORZ. Reflect on a recent situation where you felt vulnerable. Vulnerability. Brown did not want to delve into past, How would you define vulnerability? What are the beliefs you hold around vulnerability? How was vulnerability viewed in your family? It’s about standing in. Consider these qualities: the courage to be imperfect, genuine kindness, authenticity, vulnerability. We begin our journey together by looking into the culture we find ourselves in—the culture of scarcity. How would you define vulnerability in terms of what it is not? Having an intimate (emotionally close) relationship is based on how open and vulnerable you are. Vulnerability is about bravery. It is designed to facilitate self-awareness, understanding, and empowerment in dealing with vulnerability THE POWER OF VULNERABILITY.

Session Why we struggle. How do you define vulnerability? We begin our journey together by looking into the culture we find ourselves in—the culture of scarcity. Have you gotten clear on what values guide your life? What were the lessons (spoken or unspoken) about being vulnerable? Did you grow up seeing vulnerability modeled? What’s your current comfort level with vulnerability? +DYH \RX UXPEOHG DERXW DQ\ RI WKHVH WRSLFV ZLWK SHRSOH \RX FDUH DERXW".:KDW ZDV WKH UHVXOW"

Discover the Vulnerability Worksheet: a powerful tool for therapists to help patients enhance self-awareness and emotional resilience Core of shame and fear and struggle with unworthiness and also: Birthplace of joy, creativity, belonging and love. Give each situation a shorthand name that describes what triggers the feeling of vulnerability, Vulnerability Worksheet. This worksheet is a tool for exploration and growth in the area of vulnerability. What triggered this vulnerability, and how did it affect your emotions and behavior? Explore any childhood experiences Vulnerability Worksheet. In what ways are they lacking? When do you feel vulnerable? In what ways have your courage or your values been tested in your life?