

EXERCISES IN VULNERABILITY

1. What are some things you find yourself avoiding?

Pick one of the above and answer the following questions about it:

2. Why do you think you avoid this?

3. We only avoid things because we're afraid of how it will make us feel. What is the emotion you are actually trying to avoid?

4. What would change if you believed you could handle feeling that way?

5. Are you willing to be vulnerable enough (feel this feeling) in order to get what you want? Why or why not? Take a curious look at your thinking.

6. List one vulnerable thing you are willing to do this week, regardless of results. Do it(!) and the share your experience on our website.