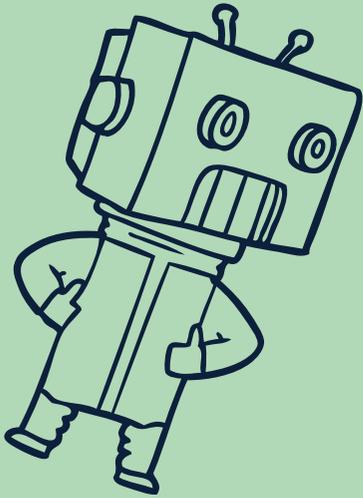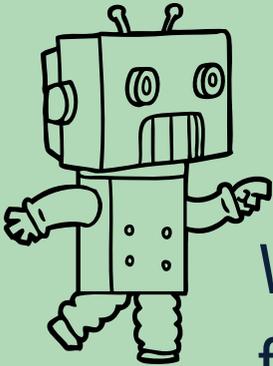VULNERABILITY

Vulnerability is the emotion we experience during times of **uncertainty**, when something **feels risky**, or we feel **emotionally exposed**.

Something happens to make you feel **unsure or exposed.**

For example, an academic struggle, a weird social interaction, an embarrassing moment, trying to figure out how to stand up for yourself, a fight with someone close to you, etc

When you feel **unsure or exposed**, you feel **vulnerable**. Your brains do not like feeling this way, brains like to know things and be certain.

Vulnerability turns up the volume on **doubt**, which amplifies **anxiety** and creates **stress.**
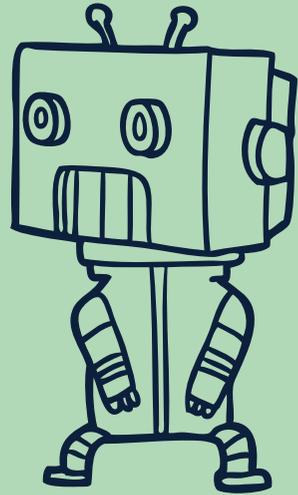
You might be feeling **anxious, scared, embarrassed,** nervous, or sad. You might also be feeling **excited, curious, engaged, thrilled, or happy.**

That's the funny thing about Vulnerability, **it's like a diving board** because it's the jumping off point for all kinds of emotions, **both hard and fun.**
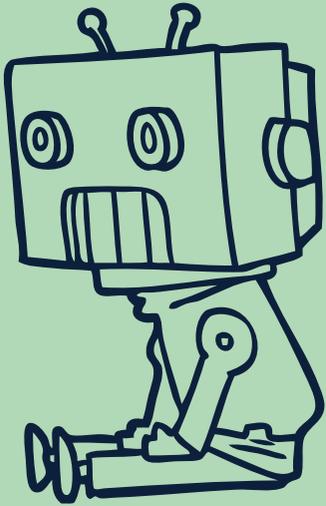
Can you recall a time that you **felt this emotion strongly?**

Have you ever **missed out on something** because the vulnerability it required **felt too scary?**

When you are feeling vulnerable, **how do you usually respond?**

Do you like that reaction? If not, **what might you change about it?**

Vulnerability is the root of connection. Understanding it can help you feel more in control of your emotions, reactions, responses, and relationships.
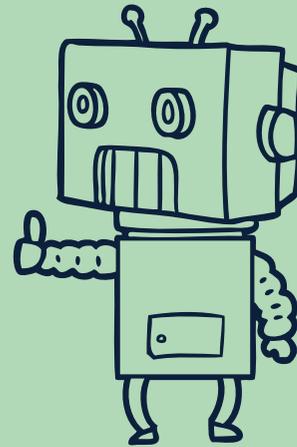
Learning to name the feelings we have helps us better **manage vulnerable moments without shutting down, feeling overwhelmed, or avoiding risks that might lead to something awesome.**

Figuring out how to be cool with vulnerability **turns you into a badass**. You are less likely to do things just to please others, more likely to stand up for your boundaries, and are stronger in the face of any challenge because **you know what emotion is at the root of your temporary discomfort**. It's messy, but it's worth it.