

Worksheet: Letting the Real Me Be Seen

Authenticity, Week 2: 8-10-26

Vulnerability Is Not Weakness

Purpose: To help you notice where you may be hiding behind "I'm fine" and explore small, safe ways to practice vulnerability without giving up your boundaries.

1. My Automatic Answer:

When someone asks, "**How are you?**" what do you usually say?

What might the more honest answer sometimes be?

2. Where Do I Feel Pressure to Be Strong?

Check any that sound familiar:

- ☐ I don't like asking for help.
- ☐ I don't want people worrying about me.
- ☐ I feel like I should be able to handle things myself.
- ☐ I don't want anyone to think I'm struggling.
- ☐ I worry I'll become a burden.
- ☐ I usually take care of everyone else.
- ☐ I don't like feeling exposed.
- ☐ Other: _____

3. What Might I Need?

Think about something you're carrying right now.

What am I really feeling?

What do I actually need?

4. Who Feels Safe?

Write down three people with whom you feel comfortable being yourself.

1. _____

2. _____

3. _____

What do these people do that makes you feel safe?

5. One Small Act of Vulnerability

Vulnerability doesn't have to mean one giant heart-to-heart.

This week, I could:

- ☐ Ask someone for help.
- ☐ Admit I don't know something.
- ☐ Tell a trusted friend how I'm really doing.
- ☐ Say that something hurt my feelings.
- ☐ Admit I'm overwhelmed.
- ☐ Accept help instead of automatically saying, "I've got it."
- ☐ Share something I'm nervous or excited about.
- ☐ Other: _____

The one I will practice is: