

Vulnerability - 12-19-22

5 Benefits of being Vulnerable

1. Vulnerability helps you build deeper connections

Research has shown vulnerability helps enhance closeness.

There is also a clear relationship between self-disclosure and likability. When you share more about yourself with others, they tend to like you more. Also, you will like people more if you have shared more about yourself with them.

This is probably because we tend to open up to those we like. So when you disclose something about yourself, it triggers feelings of liking in a reverse process.

As such, being vulnerable with someone helps you build a deeper bond.

2. It improves your self-image

Vulnerability helps you break free from constantly worrying, “What will others think?”

In order to share different aspects of yourself, you have to first accept and embrace them yourself. As you grow more comfortable being authentic, you’ll stop being scared of trying new experiences.

As such, you’ll gain more confidence and belief in your ability to handle challenging situations and over time become more resilient.

Moreover, opening up can directly improve your perception of yourself and your own self-worth.

3. It helps you go after your goals

Once you let go of what others may think of you, you'll be much more willing to put yourself out there in all the ways you can do that:

- Relationships.
- Career.
- Art and creativity.
- Helping others.
- Personal development.

4. It's better for your wellbeing

Being vulnerable with a supportive person:

- Reduces stress from negative experiences.
- Reduces anxiety.
- Increases negative emotions in the short term.

Though the last effect sounds negative, researchers note that it ultimately improves psychological well-being in the long term.

5. It's intrinsically rewarding

Did you know that 30-40% of our speech is spent on telling others about our subjective experiences?

Communicating your thoughts and feelings to others activates the brain's dopamine system. This means vulnerability is intrinsically rewarding.

In fact, the impulse is so strong that people are even willing to pay money to talk about themselves to others!