

GGC - Vulnerability - 12/26/22 Week 4:

Being Vulnerable

6 ways to practice being vulnerable

When you're in the right mindset, it's time to start taking action. Use these 6 steps to practice being more vulnerable.

1. Be present

There are three main ways to use mindfulness for vulnerability:

- Name and describe to yourself what emotions you're feeling.
- Notice what events trigger those emotions and how you react to them.
- Be present with other people while you or they are being vulnerable.

2. Be honest about your needs, feelings, and desires

Imagine how much easier relationships would be if everybody was honest about what they expected, needed, and wanted.

This could mean:

- Telling a family member you're sad that you don't talk more often.
- Telling a friend you're struggling to give up smoking and need their support.

- Telling a mentor you're scared you won't make it with your new business and need their help.

Yet why are these things so difficult to do?

3. Admit you suck at something

Admitting you're not very good at something is a simple way to be vulnerable.

This is not about self-deprecating yourself to put up the appearance of modesty.

It's about being authentic. It's about admitting genuine weaknesses to others, but really, it's about accepting them yourself.

4. Take responsibility instead of blaming others

Most of us have 99 problems, but admitting we have any ain't one of them.

And that's too bad because it happens to be a fantastic way to harness vulnerability.

5. Tell someone they're being hurtful

This is possibly one of the hardest ways to be vulnerable, but if done correctly, it can bring amazing gains.

It applies to both big and small situations:

- Someone said a joke that went too far.
- Someone constantly arrives late to meet up with you.

- A coworker makes changes to your project without consulting you.

6. Tell someone you love, respect, or appreciate them

Many ways to be vulnerable relate to weaknesses, pain, or problems. But sometimes the most difficult emotions to unpack and share our feelings of love, respect, and appreciation.

This can be anything from:

- Telling someone you find them attractive.
- Telling a colleague you respect the work they do.
- Expressing respect and love to your parents.
- Confessing deep feelings of love.