

Vulnerability 12-19-22

Here are 11 specific examples of vulnerability:

- Telling someone when they've upset you, respectfully but honestly.
- Sharing something personal about yourself that you normally wouldn't.
- Admitting to mistakes you have made in the past.
- Being willing to feel difficult emotions like shame, grief, or fear.
- Reaching out to reconnect or reconcile with someone.
- Setting healthy boundaries with love and compassion rather than with blame.
- Confessing romantic feelings for someone.
- Trying something you're not good at.
- Breaking the status quo and trying to do things differently.
- Asking for help when you're struggling with something.
- Saying no to a request when it doesn't fit within your time, energy, and values.