

# Vulnerability Worksheet

Having an intimate (*emotionally close*) relationship is based on how open and vulnerable you are. Vulnerability is about bravery. It's about standing in your love for yourself and your partner and not letting your fear get in the way.

Answering the following questions will help you identify what exactly is holding you back and where you can focus to shift your energy from closed and afraid to open and brave.

1. When you hear the word “vulnerable” what’s the first thoughts/words that come to mind for you?
2. How can you reframe vulnerability from a loving, confident stance?
3. What’s are you afraid will happen if you show your vulnerability?
4. What’s your motivation for being more vulnerable in your relationship?
5. How are you currently protecting yourself from being vulnerable?  
For example, do you intellectualize, numb yourself, avoid, attack, try to be perfect, act with cynicism, try to control or act passive aggressively?
6. What is it that stops you from being vulnerable and intimate with your partner?

The next time you're given the opportunity to be vulnerable and you feel yourself resist, ask yourself:

- “Why is this happening right now?”
- “Can I identify something that’s triggering me right now?”
- “Am I afraid of what my partner thinks?”
- “Am I afraid of what my partner might say?”
- “Am I afraid of succeeding?”
- “Am I afraid of failing?”

