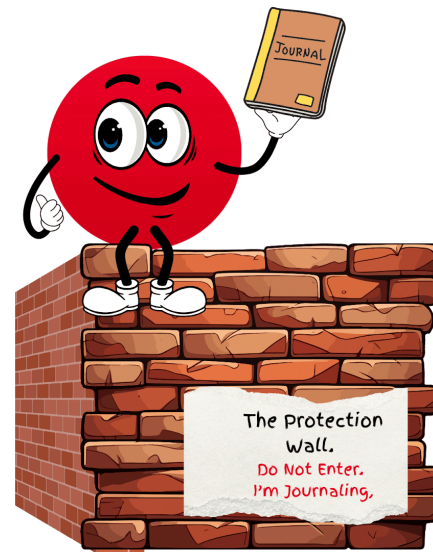


Vulnerability. Journal Questions for Reflection.

Take a moment. Close your eyes.
Ask yourself:



What experience reminds me of vulnerability?

How has vulnerability shown up in my life - and what reactions do I detect?

Was it recent? Or was it long ago?

With this experience in mind - how do I define my vulnerability?

Has my vulnerability been challenged, attacked, wounded? A break up, divorce, argument - a fight with parents or loved ones? A difficult relational predicament with a work colleague, friend, or sibling?

How do I respond to vulnerability?

Place: Do my feelings of vulnerability change within particular settings? In a classroom? At the workplace around professional colleagues? At home? At someone else's home? On a hike in the woods? On the street, within a public setting? Within our dynamics during virtual therapy sessions?

People: What social dynamics pull in vulnerability? Examples of dynamics can be found within various relationships at work, within school/academics, parenting, and romantic attraction. Maybe it is certain people and 'types of conversation' - addressing concerns, problems, challenges. And if you are 'dating' - or have dated - perhaps you can recall transitions of feelings of vulnerability within a timeline - feelings on the first date, third date, fifth date - etc.

Things: Do various things pull in feelings of vulnerability - linked to various memories in your life? Music, songs, poetry, writing, books, art, furniture, clothing, movies, plays, characters (the list goes on.)

What Parts are showing up NOW - and how do they respond to the dynamics outlined above?

