



Vulnerability Worksheet

Describe 3 **recent** situations in which you felt vulnerable.

1.

2.

3.

Give each situation a shorthand name that describes what triggers the feeling of vulnerability, for instance, “not knowing the answer,” or “making a mistake,” “speaking my truth,” or “tripping over the dessert cart.”

- 1.
- 2.
- 3.

For each situation, describe the feeling states associated with that vulnerable situation, and how you behaved. Did you allow your vulnerability to show? How? If not, what would it take for you to be able to take an emotional risk the next time you find yourself in a similar circumstance? How could you express your vulnerability while maintaining healthy boundaries?

What would constitute “Daring Greatly” for you in these situations?

Circumstance	Feeling State	Daring Greatly
Example: Not knowing the answer	Feel embarrassed, “less-than,” judged as stupid or incompetent.	Didn’t show it. Next time, I can mention my embarrassment (“I feel like I should know this, but I don’t”) and offer to find out more. I can refrain from making it mean anything about me.

How would someone who understands how to support you respond to you “daring greatly”? How could you request the kind of support you want? How can you surround yourself with the kinds of people who can support you in ways that feel good to you?