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VULNERABLE SHARE

A couple scenarios...

We try to sort through what is happening for us BEFORE we feel comfortable in sharing with our person. In this space, we can often feel that we are struggling and we can also feel very alone.

- or -

We just start spewing our worries, our thoughts, our feelings and our person jumps into "fix it" mode because it's uncomfortable for them to see us struggle. In this space, we can often feel not heard or maybe told what to do.

When we can share in the middle of our messy bits, that's when we have company - not to solve and fix - instead, to journey with us in the middle of all the feelings.

The important piece, we often miss, is to let our person know **what we need from them, as a listener**. To let them know we are going to share something and it's not figured out yet, OR, it's vulnerable and hard to share. To let them know that they aren't to fix, they are here to be witness, to help us not feel alone in the middle of the uncertainty.

When we can speak our troubles out - so they aren't just swirling in our head - we hear them differently and we perceive them differently, especially in the presence of a witness. We tend to adjust our wording to make sense for the listener, and we will notice when it doesn't make sense - something that doesn't happen when we are just spinning our thoughts around and around in our minds.

When we have our person NOT trying to fix or solve, they can still feel purposeful, especially when they see us settle, and we will feel comforted and not so alone.

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Follow the steps below and use the script when you have something uncomfortable or vulnerable to share - even if you are still working it through.

These steps and script will help you deliver information that you are experiencing, so you can **connect in the middle of the mess/unknown/uncertainty.**

Steps:

1. Let your person know you have something to share that is:
    a. Vulnerable, or
    b. Not figured out yet, you are still sorting through your thoughts, or
    c. Something feels uncomfortable, you're having a challenge to share and you believe that if you can share with them, without fixing, that you will feel better.
2. Let your person off the hook!!! Let them know you don't want them to fix, solve or take on in anyway what you are going through. That by them simply hearing you, and being a caring listener, it will be enough to help you hear your thoughts and experience your feelings with company.
3. Share ONLY from your perspective from "I feel" statements. DO NOT use this as a time to let them know your grievances with them! That is an entirely different script. IF you do, you are setting them up unfairly and will most likely evoke their defences. Be kind.

Script:

1. "I have something to share with you that I'm still sorting out, would you mind just listening to what is going on in my head?"
2. "I don't need any fixing, or solving, I ask you to please just be present with me as I speak my thoughts and feelings out".
3. "Would that be ok? Is now a good time?"
4. "I have been going through...", "I feel...", "My thoughts are..."

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