Uncage Your Emotions

HOW TO OWN WHO YOU ARE
IN THE MIDDLE OF YOUR MESS

VULNERABILITY


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Without vulnerability in relationships there isn't connection, and without connection there isn't the opportunity for change. Without vulnerability we simply meet and stay in our masks and coping mechanisms instead of showing up authentically.

Vulnerability is a bit of a buzzword these days with many versions of what it means to be vulnerable. You've probably heard everything from weak to authentic.

Those who consider vulnerability to be weakness will approach vulnerable moments with guarding and defensiveness, vs. someone who sees vulnerability as an expression of authenticity will willingly step into vulnerability and want it from others.

Vulnerability isn't an adjective. It's a verb; an ACT of courage, and it requires you to show up **without certainty** of how things will go. Simply put, vulnerability invites vulnerability.

What do you do to BE vulnerable?

1. Get present in the moment with no agenda, evidence collecting or finger pointing.
2. Be aware. Notice your coping strategies, masks, and any defenses.
3. Lean in to the discomfort of being seen, and speak to what is going on for you in the moment.
4. Raise necessity. Hold onto what matters most to you. It's most likely connection or validation.

What's one area in your life where you need to be vulnerable and you want to work through? Journal about it below using these four steps:

The scenario:

How will you get present?

How will you be more aware of what barriers (coping strategies, defenses) are holding you back?

What do you need to speak to and lean into?

What matters most to you in this moment?

Taunya Craig relationship therapist, coach & speaker