

# What is Healthy Vulnerability?

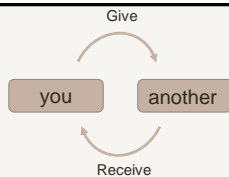
Mentor Webinar  
Nov. 2<sup>nd</sup>, 2023

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## Objectives of Webinar

- Definition of Vulnerability
- What Vulnerability is Not
- Barriers to Vulnerability

## Definition of Vulnerability



**Definition** – show emotion or allow one's weaknesses to be seen or known.

But what if? – "The definition of vulnerability is **uncertainty, risk, and emotional exposure**. But vulnerability is not weakness; it's our most accurate measure of courage." – Brené Brown

## What Vulnerability is Not

- Oversharing
- Just talking
- Feeling forced into conversation
- A sign of weakness
- A burden in relationships
- Something that can be avoided

Commitment

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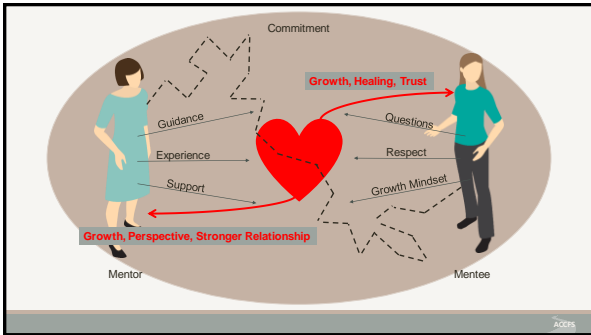
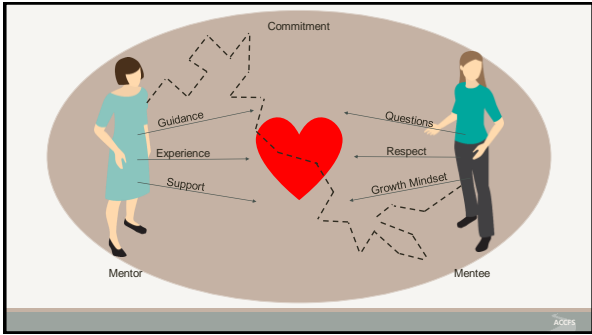
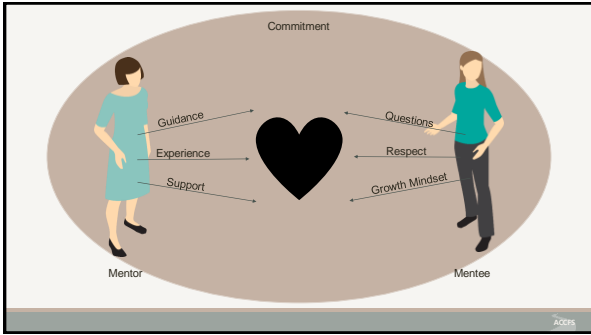


- Shame
- Pride
- Early stage of relationship
- "They won't respect me."
- "I'm too busy for this."

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- Shame/past wounds
- Lack of modeling
- Early stage of relationship
- "I'll never change."
- "I am my failures."



**Questions?**

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