

# BEING VULNERABLE

**VULNERABILITY - EASILY HURT OR HARMED PHYSICALLY, MENTALLY, OR EMOTIONALLY**

**HYPOTHESIS - BY EXPOSING OURSELVES TO HARM, WE DEVELOP RELATIONSHIPS THAT ARE STRONGER AND MORE INTIMATE**



**KEEPERS OF THE FLAME**

# A VULNERABLE ASSIGNMENT

1) WHAT PARTS OF YOU ARE VULNERABLE, AND WHAT PARTS OF YOU ARE NOT VULNERABLE AND WHY?

2) WHAT OBSTACLES PREVENT YOUR VULNERABILITY?

3) HOW DO YOU HIDE VULNERABILITY?

BONUS) WHAT MIGHT YOU WANT TO CHANGE?

FORM GROUPS OF 3 OR 4 WITH OTHERS YOU DON'T KNOW VERY WELL (I.E. BE VULNERABLE)



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