

Being Vulnerable

Your Relationship Minute, I'm Douglas Johns.

We hear a lot about being 'vulnerable'. What is that? Well it doesn't mean you're a carpet to be walked all over or taken advantage of. While being vulnerable has different facets, here's one you might not have thought of: acknowledging and accepting that you're fallible; you make mistakes; sometimes, perhaps more than you care to remember, you're just plain wrong. Accepting this about your normal human self means humbly acknowledging your challenges and your (gulp!) failings to your partner and can go a long way towards constructing a collaborative platform of compassionate curiosity about your fights.

So imagine you're right in the middle of a big fight, or perhaps it's ended but you've both withdrawn with hurt and wounded hearts. Either way, one sentence such as, "I apologize for yelling at you" or "I feel so sad when we argue" could be the opening to an intimate conversation. Sometimes that's difficult and yet pieces like these lay down the groundwork for increased trust, increased awareness, and deeper intimacy.

I'm Douglas Johns and I'm a Couples Therapist. Please like and subscribe. More information at [Your Relationship Minute dot com](http://YourRelationshipMinute.com).

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