

POSITIVE PSYCHOLOGY
CLUB

WTF is
Vulnerability?

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Ice-Breaker

1

Name & pronouns

2

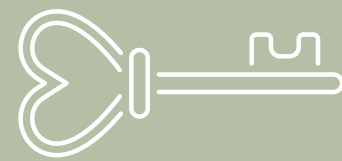
Major & Year

3

*How are you REALLY
feeling today?*

Vulnerability is key.

“Staying vulnerable is a risk we have to take if we want to experience connection”
-Brenè Brown



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1. Sharing the parts of yourself that feel beyond uncomfortable to share.
 2. Having difficult conversations.
 3. Apologizing when you've messed up.
 4. Sharing your opinion when others might not agree.
 5. Expressing how you really feel instead of saying "It's okay" or I'm fine".
-

Time to talk!

1

What is your definition of being vulnerable?

2

What's holding you back from being vulnerable?

3

What's one way you can practice being more open?

Barriers

Fear of being
hurt/hurting
others

Fear of rejection

Having what you
say used against
you

Benefits

Increases
intimacy and
trust with others

Create authentic
connections

Increases
emotional
resilience and
the ability to
express you
emotions

Key factor in the
process of
emotional
healing

Facilitates open
communication
and conflict
resolution

Living in
alignment with
your beliefs and
values

Reduces stress
and promotes
overall well-
being

Vulnerability Challenge!

- Goal: To push yourself to do one vulnerable thing a day for 1 week and notice what happens!

*1. Take some
deep
breathes*

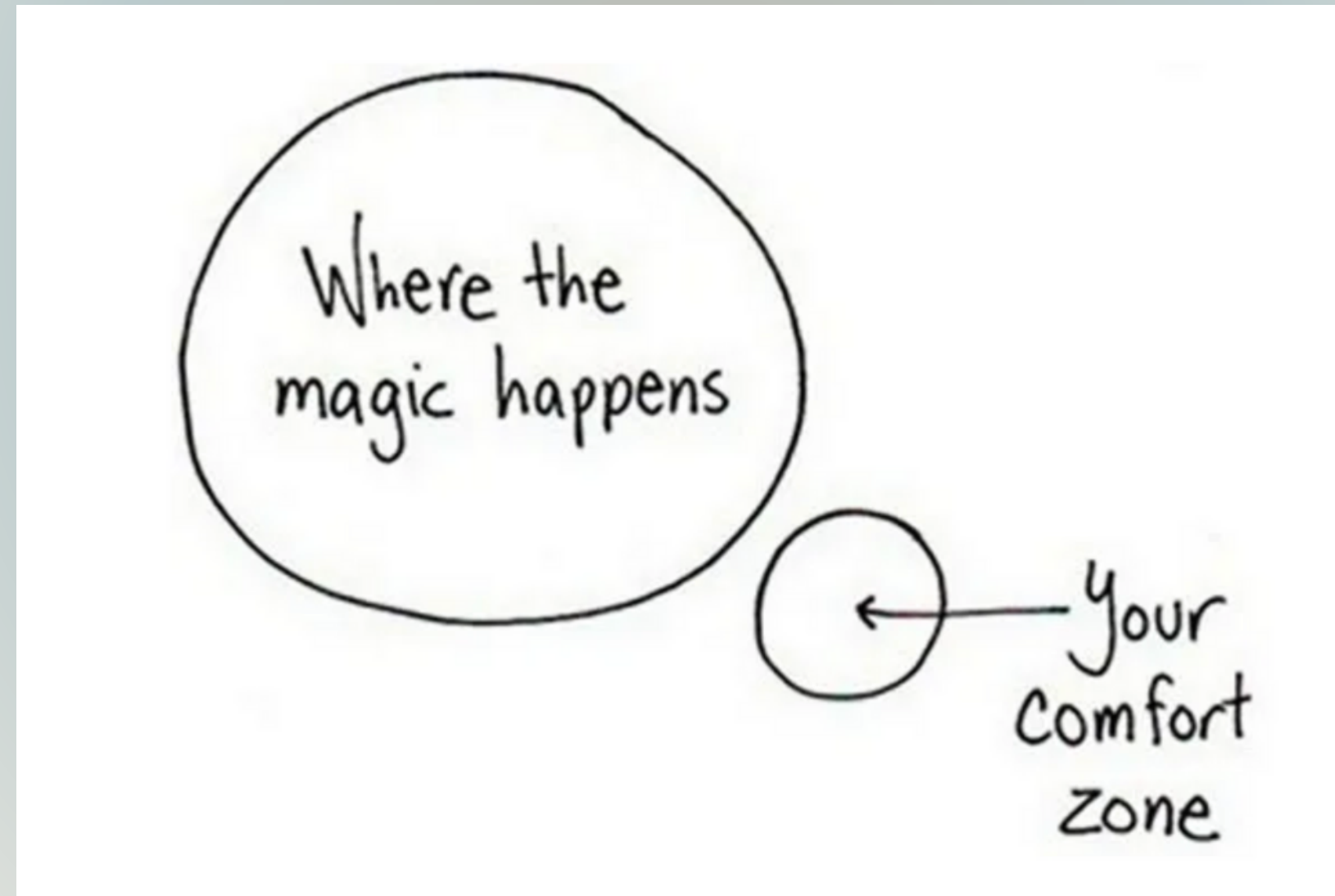


*2. Practice whatever you
just came up with for
Question 3
or
Share something about
yourself that you don't
usually share with others
(feeling, fear, goal)*



*3. Be proud of
yourself!
Growth happens
in discomfort.*

Uncomfortability leads to growth



Vulnerability Resources

1

“Beautiful mess effect: Self–other differences in evaluation of showing vulnerability.”

- *“Vulnerability is courage in you and inadequacy in me.” - Brene Brown*
- *We overestimate the risks and underestimate the benefits*
- *we’re more ‘psychologically distanced’ when imagining others being vulnerable*

2

Brene Brown, Vulnerability: The Key to Courage - 10% Happier Podcast

3

Unlocking Us with Brene Brown Podcast

HAPPINESS RAFFLE
TICKET