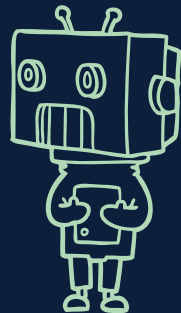
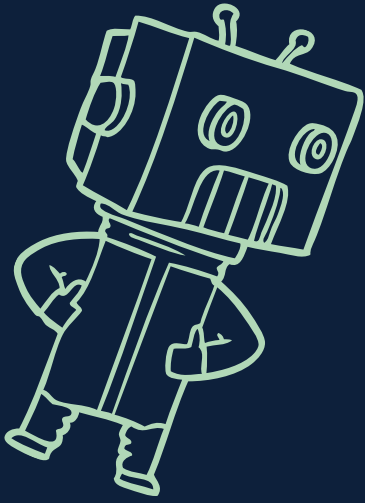


VULNERABILITY

A TINY GUIDE



CREATING
A CULTURE
OF DIGNITY



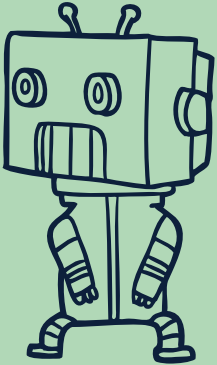
VULNERABILITY

is the emotion we experience during times of **uncertainty**, when something **feels risky**, or we feel **emotionally exposed**.



REASON 2: COMPARISON

We all deal measure our worth in comparison to other people.

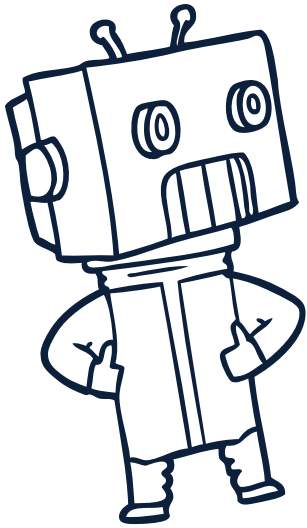


It's a hard habit to break.

We worry that if we try new things or hard things we might not be as good as other people.

The fear we won't measure up tells us a false story that we're unworthy and the risk is too scary.





GET CURIOUS!

When you feel unsteady,
stop and reflect...

Is this risk dangerous or just uncomfortable?

List all the things you could possibly learn from this experience.

Are my personal boundaries being respected?

Envision someone you admire and ask yourself, what they would do?

Will you be proud of yourself after you take the risk, regardless of the outcome?

