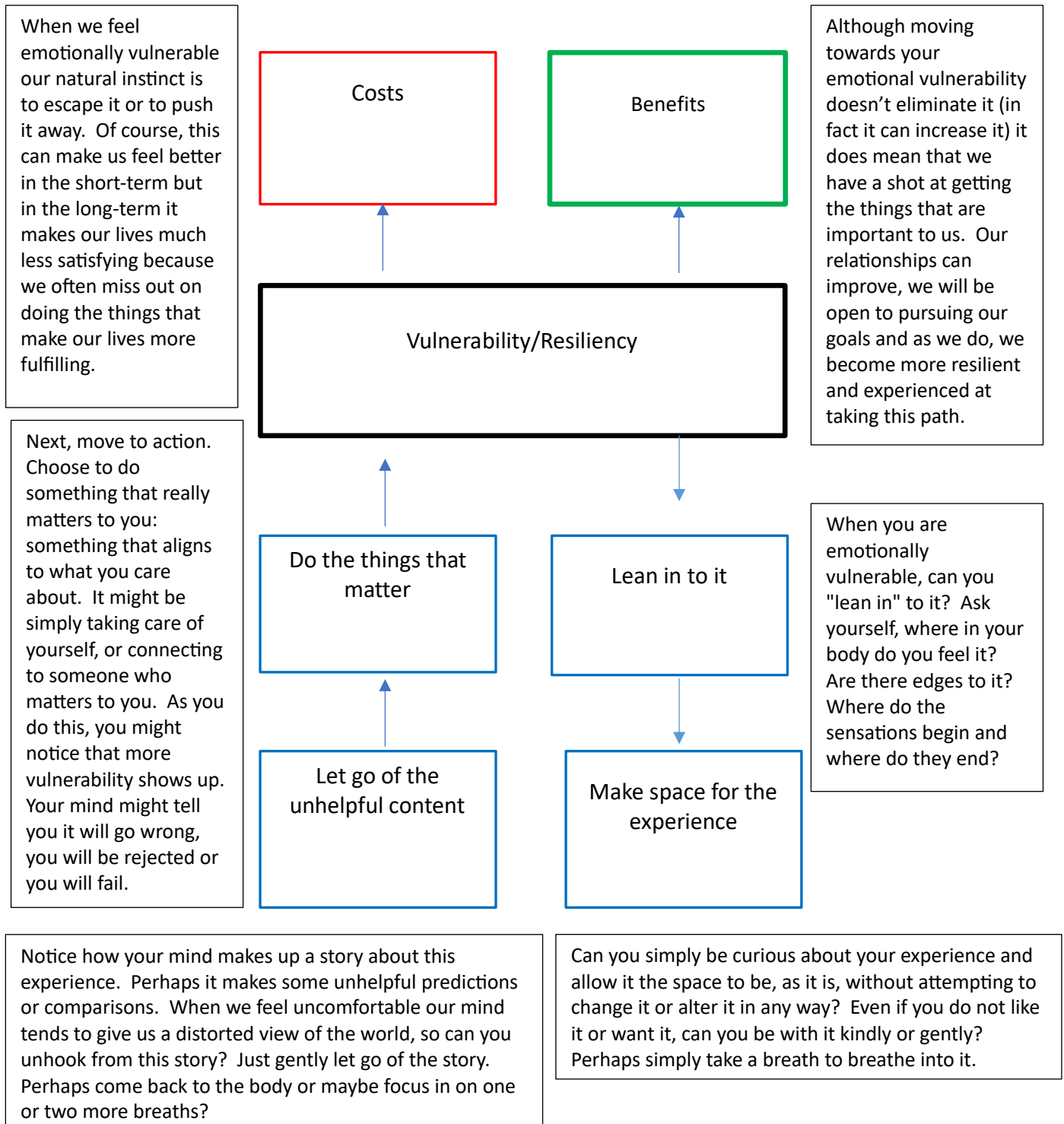


Vulnerability/Resiliency Model

We all feel emotionally vulnerable every day. Sometimes it will be big stuff that activates it, like an argument with someone we care about but it can also be small stuff like ordering a drink in a coffee shop. Refusing to make room for our vulnerability has big costs. There are also significant benefits to embracing it. In our programmes like Moving On we teach skills to lean in, make space, let go and do what matters.



How to use the model

Bring to mind an aspect of your experience that makes you feel emotionally and experientially vulnerable.

Because our minds are so creative you might be able to experience emotional vulnerability right now by simply drawing on a memory of something challenging. We are inviting the practice of leaning in to such challenging experiences. After bringing the experience to mind then allow yourself to open up to it. Where in your body do you feel it? Can you allow it the space to be as it is without attempting to change it or alter the experience?

Notice what story your mind tells you about this experience. Perhaps it makes some unhelpful predictions or comparisons. When we feel uncomfortable our minds give us a distorted view of the world, so can you unhook from this story? Just gently let go of the story. Perhaps focus in on one or two breaths.

Next, move to action. Choose to do something that matters to you: something that aligns to your values. It might be simply taking care of yourself, or connecting to someone you care about. As you do this, you might notice that more vulnerability shows up. Again, notice this experience, unhook from any negative evaluations, comments, or self-criticism. Continue to move in a valued direction. Use your hands and feet to do this and then practice, practice, practice.