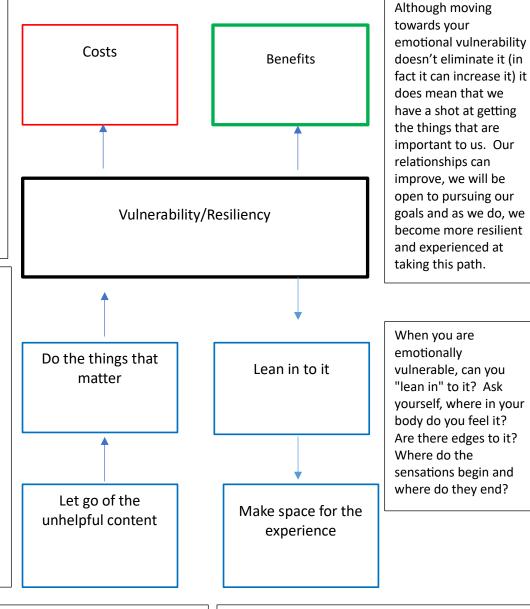
## Vulnerability/Resiliency Model

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.

When we feel emotionally vulnerable our natural instinct is to escape it or to push it away. Of course, this can make us feel better in the short-term but in the long-term it makes our lives much less satisfying because we often miss out on doing the things that make our lives more fulfilling.

Next, move to action. Choose to do something that really matters to you: something that aligns to what you care about. It might be simply taking care of yourself, or connecting to someone who matters to you. As you do this, you might notice that more vulnerability shows up. Your mind might tell you it will go wrong, you will be rejected or you will fail.



Notice how your mind makes up a story about this experience. Perhaps it makes some unhelpful predictions or comparisons. When we feel uncomfortable our mind tends to give us a distorted view of the world, so can you unhook from this story? Just gently let go of the story. Perhaps come back to the body or maybe focus in on one or two more breaths?

Can you simply be curious about your experience and allow it the space to be, as it is, without attempting to change it or alter it in any way? Even if you do not like it or want it, can you be with it kindly or gently? Perhaps simply take a breath to breathe into it.

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 you 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.