

# Vulnerability

Brown says that by daring greatly, we make ourselves vulnerable while putting a stop to shame. Why not embrace asking for help and support when we need it most and share what we have created with those whose opinion we value (Brown, 2015)?

Think of three examples where you recently felt vulnerable:

- Name the situation. For example, *in class*.
- What was the circumstance or trigger? *I couldn't do the task*.
- How did you feel? *I felt stupid*
- How might you react if you were *daring greatly* (i.e., using courage and willingness to engage with those around you) (Brown, 2015). *Next time I'll say I don't know how to do this, can someone help me.*

Situation	Trigger	Feelings	Daring greatly
Example: in class	Couldn't do task	Embarrassed and stupid	Admit I don't know how to do something and ask for help.

## References

- Brown, B. (2015). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York, NY: Avery.

Dr. Jeremy Sutton