Vulnerability is defined as emotional exposure, risk, and uncertainty. Also, “VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY, COURAGE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY.”

Brené Brown

Myths of Vulnerability:
- Vulnerability is weakness
- We can opt out of Vulnerability
- Vulnerability is laying it all hang out
- We can practice vulnerability in isolation

“Trust is choosing to make something important to you vulnerable to the actions of someone else”
Charles Feltman

Communication
Accountability
Boundary Setting

Vulnerability Trust
Smart Trust
No Trust
Active Distrust

Willingness to Extend

Data