



# POWER OF VULNERABILITY

A PRACTICAL GUIDE

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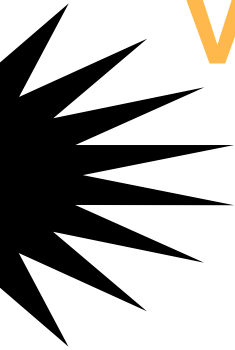
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## WELCOME

This booklet is designed to help you become more comfortable with showing vulnerability in your life. Use it as a step-by-step guide to understand vulnerability, identify your safe spaces, overcome barriers, and make meaningful changes.

# WHAT IS VULNERABILITY



Vulnerability is the willingness to embrace uncertainty, risk, and emotional exposure. It's about showing up not a weakness. It's a courageous act that builds connection, trust, and growth.

What does vulnerability mean to you?

“Vulnerability is the birthplace of innovation, creativity and change “

–  
Brené Brown



# EXAMPLES OF VULNERABILITY



## PERSONAL SETTINGS

- Expressing your true emotions to a loved one.
- Apologising when you've made a mistake.
- Asking for help when you're struggling with something.
- Setting boundaries with friends or family.
- Trying something new that pushes you outside your comfort zone (e.g., joining a new social group or hobby).

## PROFESSIONAL SETTINGS



- Speaking up in a meeting and sharing your ideas.
- Giving and receiving honest feedback.
- Admitting when you don't know something instead of pretending you do.
- Taking ownership of a mistake and working to fix it rather than shifting blame.
- Asking for support or mentorship when you need guidance in your career.

**Which of these areas resonate with you the most?  
Which ones feel most challenging?**

# WHERE IT SHOWS UP

Start by exploring where you already feel comfortable being vulnerable. This can be with certain people, in specific settings, or in particular situations.

## Exercise:

Write about 3 areas in your life where you feel it is safe to be vulnerable. Why is it safe?

- Example: Sharing feelings with a trusted friend.
- Example: Asking for help from a supportive colleague.
- Example: Expressing emotions during creative projects.

1.

2.

3.

# IDENTIFY YOUR BARRIERS

Vulnerability isn't always easy and it can be uncomfortable which our brain does not like. Due to this we usually create barriers to stop ourselves from doing it. Let's explore your barriers.

1. What areas of your life do you avoid being vulnerable? (e.g., work, family, friendships)
2. What stops you from being vulnerable in these areas? (e.g., fear of judgment, rejection, past experiences)
3. How do these barriers affect your relationships, growth, or happiness?

# REFRAME NEGATIVE THOUGHTS

Think of a specific moment where negative thoughts came up due to something you had said/done or in anticipation of. Write down these fears or doubts. Then write the facts - What do you KNOW to be true.

## Example

**Fear**    Something is going to go wrong like it always does.

## Reframe

I don't actually know that. I checked everything and I have someone to help me. If something still goes wrong, then we will work it out .

Fear \_\_\_\_\_

Reframe  
\_\_\_\_\_  
\_\_\_\_\_

Fear \_\_\_\_\_

Reframe  
\_\_\_\_\_  
\_\_\_\_\_

Do you notice any patterns or trends?

# CREATE CHANGE

## 01.

Pick one area where you would like to practice vulnerability. Write it here:



## 02. IDENTIFY SMALL, SAFE ACTIONS

What small steps can you take to be more vulnerable in this area? (e.g., sharing a personal feeling, asking for feedback, admitting a mistake)

**What area would you like to focus on?** ex. speaking in meetings, saying how I feel to someone I care about...

**What could get in the way of you working on it?** ex. Believing my thoughts, pretending it never happened, assuming what others are thinking...

**What will you need to support you?** ex. I need a colleague to talk through what I want to say

**What impact will it have if you allow yourself to be vulnerable?** Practice this or write it down so you feel comfortable with the language. Take a deep breath and go!

When will you do it? Where?



# FINAL THOUGHTS

**"VULNERABILITY IS THE BIRTHPLACE  
OF INNOVATION, CREATIVITY, AND  
CHANGE."**

**– BRENÉ BROWN**

Remember, vulnerability is an ongoing process. It takes courage, patience, and practice.

You have the resources and the resilience needed for this. Refer back to the masterclass is needed.

Alternatively, reach out to HumanOS coaches for additional support.

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