



The Wounded Healers

SKILLED VULNERABILITY



Vulnerability is NOT Weakness
Vulnerability means 'to dare greatly' (to be REAL)
It is our greatest measure of COURAGE

VULNERABILITY goes to the core, the heart, and the center of meaningful human experiences

VULNERABILITY = Uncertainty with emotional exposure

YET = The willingness to show up when there are no guarantees

Examples??

- = Showing up when someone has experienced a loss
 - = AND you don't know what to say
- = Starting again when you've fallen or failed
 - = AND you have no guarantees that it will work

FINALLY

SKILLED VULNERABILITY is NOT simply 'letting it all hang out' (for example with our children or clients)

THOUGH We do need someone with whom we can do this
SKILLED Vulnerability is the art of dropping my emotional defenses in order to show my real self and thereby make space for deeper empathy

"Ring the bells that still can ring, Forget your perfect offering
There is a crack in everything. That's how the light gets in."

LEONARD COHEN

