

How comfortable are you with being vulnerable?

Check the boxes according to how you feel about performing each action.

	I would never do this.	Uncomfortable	Comfortable
Telling someone how they hurt you			
Expressing grief in front of a loved one			
Sharing your hopes and dreams			
Asking for help			
Crying			
Sharing your worries or fears			
Telling someone how you feel			
Telling someone you love them			
Examining your flaws			
Communicating what you need			
Talking about mistakes you have made			

Which column have you checked off the most?

