

# Life. Fun. Purpose.

With Purpose Coach Fawn Miller

GROUP CALL #63

VALUE

OF

VULNERABILITY

# INTRODUCTIONS

1) Name 2) Location 3) Gratitude 4) What interests you about vulnerability, and/or what would you like to learn or shift, or let go of as a result of this call? *Who is feeling vulnerable right now?*

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## VULNERABILITY SHARE / EXPLORATION

- *What does "vulnerability" mean to you?*
- *How do you know when you're feeling vulnerable or experiencing vulnerability? What does vulnerability feel like?*
- *How do you feel, behave, show up when you're feeling vulnerable?*
- *What are your vulnerability triggers?*
- *What perceptions, thoughts, stories, memories, or beliefs are associated with your experience(s) of vulnerability?*
- *How do you treat yourself and others when you feel vulnerable?*
- *Does vulnerability signal you to grow, stay the same, or shrink?*
- *In what ways do your EGO and vulnerability seem to be related or have an impact on each other?*
- *On a scale from 1-10, how much does vulnerability impact you in your day-to-day life, and to what degree + effect?*
- *Stretch Zone Call Out! – What are you avoiding or where are you NOT playing full out in your life because of the vulnerability factor?*

# VULNERABILITY

BRENE BROWN

*“The biggest misconception about vulnerability is that it’s weakness.”*

## 3 Elements of Vulnerability:

1. *Uncertainty*
2. *Risk*
3. *Emotional Exposure*

- Vulnerability is about the willingness to show up and be seen, even when there are no guarantees.
- Vulnerability is a direct indication of *courage* – where there is courage, there is vulnerability
- Vulnerability is the birthplace of love, belonging, joy, courage, empathy and creativity.

Shame is a major reason why people don’t want to be vulnerable. We really don’t want to feel like people are looking down on us for our mistakes, particularly if we’re supposed to be in charge.

In her book, [\*Daring Greatly\*](#), she shares “A person who can make themselves vulnerable, exposing their weaknesses without any regard to what others will think, is saying to the world, “I don’t care what you think of me. This is who I am, and I refuse to be anyone else.”

It’s the backwards law in action: in order to become more resilient, more formidable, you must first bare your flaws and weaknesses for the world to see. In doing so, they lose their power over you, allowing you to live your life with more honesty and intention.

## VULNERABILITY CONT.

Mark Manson – <https://markmanson.net/vulnerability-in-relationships>

- *Vulnerability is consciously choosing NOT to hide your emotions or desires from others, but to stick your neck out emotionally in some way, and there are often real consequences.*
  - *Risk, rejection, judgement – the key to true vulnerability is that you're willing to accept the consequences no matter what.*
  - LFP Connection point – Authenticity
- *Most of us weren't taught to express our emotions freely – we've grown up with habits deeply embedded deeply into us to keep us stifled and bottled up.*
  - LFP Connection point – this relates to “externalized self worth”, “Ego”, and self-compassion.
- *Vulnerability is the path to true human connection.*
- *Ways to become more vulnerable:*
  - *Admit if you 'suck' at something*
    - My rephrase – admit and be ok with where you're at
  - *Take responsibility instead of blaming others*
  - *Speak up when someone's being insensitive*

### OTHER TAKES

- The courage to show up and be seen when you have no control over the outcome – instead of trying to superficially manage or control the outcome.
- See resources

# COACH FAWN'S VIEW

- Vulnerability + Authenticity + Aligned Action = Courage
  - Choosing *Authenticity* over Ego
- EGO tie in: WEAK Ego / LOUD Ego – neither support true vulnerability. “Quiet” Ego allows for vulnerability → courage.
- Shift FOCUS: from FEAR, ‘less than’, or inadequacy
- The less attention and weight we give the *stories* about our “vulnerability triggers” – the greater our access to our inner ability to take *action* from a place of authenticity:
  - Choosing Self-Love, Self-Safety, and over all else = Unstoppable Courage!

VULNERABILITY = COURAGE  
AUTHENTICITY = LETTING GO OF STORY

Courage = Authenticity = Choosing YOUR relationship with YOURSELF  
and trusting/surrendering to your inner safety and wisdom...

- SELF-LOVE!
- Having your own back + Being your #1 Ally
- Not taking yourself so seriously (vs. exaggerated self-importance)
- Acknowledge Inner Worthiness + Wholeness (anything that says otherwise is programming)
- Self-Safety
- Self-Trust
- Self-Acceptance
- Self-Esteem
- Self-Compassion

# CHOOSING COURAGE

## ACTION ITEMS:)

Circle back to your response to the “*Stretch Zone Call Out*” question from the first section.

Then, reflect on your *relationship with yourself*, and the list of Self-Love attributes on the page above. Then consider:

1. What aspects of your relationship with SELF do you need to step into, accept, embrace, or let go of in order to embrace vulnerability and move toward what you’ve been avoiding or not fully stepping into?

AND/OR

2. What do you need to let go of and/or step into in order to *choose yourSELF* and become your own #1 Ally and safety zone!?

## JOURNAL

*What would be possible, what would change, how would you show up in your “vulnerable areas” if you believed that you are whole, and lived from a place of wholeness? What would you do that you’ve been avoiding? How would you play more full out?*

CALL #64 Will be “Part 2” of this conversation, specifically:

“Vulnerability, *Authenticity* and *Courage*”

# RESOURCES

## BRENE BROWN:

- [The Biggest Myth About Vulnerability](#) (Youtube)
- [The Power of Vulnerability](#) – TEDx Talk
- [The Power of Vulnerability: Authenticity, Connection, and Courage](#) – Audible/Audio CD

## OTHER:

- <https://markmanson.net/vulnerability-in-relationships>
- [The Courage to be Vulnerable](#) – Article
- [Losing Armor and Gaining Power](#) – Article
- [How to Embrace Vulnerability As Your Greatest Strength](#) – Article
- [The Power of Vulnerability: Authenticity, Connection, and Courage](#) – Audible/Audio CD