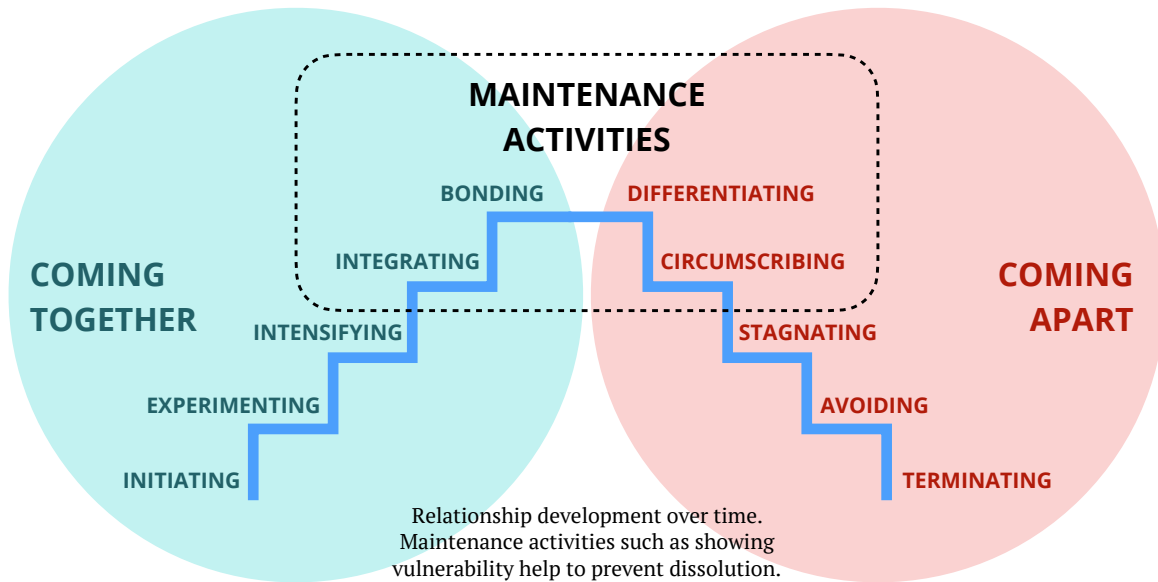


# Vulnerability

As your introspection skills increase, you naturally become more aware of your vulnerability, and may feel the need to protect your feelings from the people around you. Whether at home or at work, doing so can create relationship problems as the resulting emotional distance is a key ingredient in many relationships' dissolution (Knapp, 1978). You can learn to be “judiciously vulnerable”, however, by making conscious choices about who gets to see what side of you.



Name someone important to you:				
Place an "X" in the appropriate box and explain your decision.	I would be comfortable doing this.	I would be uncomfortable doing this.	I would never do this.	Why?
Talk about mistakes you have made with them.				
Express what you need from them.				
Share your worries or fears with them.				
Cry in front of them.				
Tell them they hurt you.				
Tell them how you feel about them.				
Explore your flaws with them.				
Share your hopes and dreams with them.				