
Vulnerability Stories

AFTER completing this week’s reading, reflect on experiences you’ve had that involve feelings of vulnerability, ranging from embarrassment to remorse to guilt to shame.

Identify at least five such experiences, and be prepared to tell a story about one of them to a small group of your classmates in next week’s class.

You will have *complete control* over which story you tell, but I want you to reflect on the fullest possible range of relevant experiences.

Use this sheet to identify five such experiences, ranging from less vulnerable to more vulnerable, and give each story a title to help you remember it.

Degree of Vulnerability	Story Title
<i>Less Vulnerable</i>	1.
	2.
	3.
	4.
<i>More Vulnerable</i>	5.

You’ll be working with one of your partners in small groups of 4.

You’ll have 4 minutes to tell your story, and the exercise will include 2 minutes for the group to respond at the conclusion of the story.