

Writing for Vulnerability

Vulnerability is being willing to express emotions (comfortable and uncomfortable), needs, experiences, likes, dislikes, and more with others. We're often taught that vulnerability means "weakness," or that we are not supposed to be vulnerable, but that is not always the case.

Vulnerability is a kind of openness, including being open to hearing suggestions. It can include accepting things about yourself that may be hard to accept. Vulnerability includes the potential for others to be unkind to us or ignore us. It *also* allows us to get the support we need and build connections that can help sustain us. Try one of the prompts on vulnerability below:

1. What's *your* definition of vulnerability? Where did this definition come from? What evidence do you have that supports or counters this definition now?
2. Write a few sentences about a time when being vulnerable helped you. Then, write a few sentences about a time when it made things difficult. What differences are there in those examples? Finally, write about what you learned by exploring those examples - how it might help you in future circumstances.
3. How do you decide how vulnerable to be with someone? What allows you to change how vulnerable you are with someone? What do you do to encourage others to be vulnerable with you?
4. Write about the relationship between vulnerability, trust, and courage. How does trust encourage vulnerability? How does courage strengthen vulnerability?

See ypsiwrites.com and Washtenaw.org/wishyouknew for additional information, writing prompts, workshops, and opportunities to engage!

