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# Foreword

Everything and everyone is susceptible to vulnerability at one time of another, be it at different stages and degrees. Thus it is important to understand the basics of vulnerability. Often described as the susceptibility of an individual, group, society or system to emotional or physical changes made either indirectly or directly impacting the fore mentioned.



## ***Opening The Tear Ducts***

How To Be In Touch With Your Vulnerable Side

# Chapter 1:

## *Vulnerability Basics*

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### **Synopsis**

When a certain situation presents itself the individual, group or system responding to that particular scenario is often dictated by the allowance or manipulation depicted within the relaxing or leeway given towards the outcome.

When this relaxed or unguarded frame is introduced into the scenario, it often contributes to the manipulation, persuasion, temptation or any other factors which eventually produces the vulnerability state. This state of vulnerability opens the focus for censure, criticism and unfounded blaming exercises.



## **The Basics**

The existence of the vulnerability element can have far reaching implications within relationships, communities, systems and others. It can and often does cause disastrous results. Because of the likelihood of this occurring most individuals learn to build a defense mechanism which almost literally alerts them to the possible hint of an onset. Feelings are kept in check, verbal and physical expressions are also exercised with some amount of deliberate control and generally causing a somewhat hardened approach towards anything and everything.

Vulnerability however is not only limited to “feelings” but can also cover other aspects like the environment, social forces, institutions and cultural values. Often things are taken for granted or simply not given the due importance it merits thus eventually causing the situation to become vulnerable which in turn gives way to possible disaster or at the very least some negative implications.

Some of these elements like global warming which is currently at a very vulnerable and precarious point can continue to such an extent that recovery is hard if not impossible.

# Chapter 2:

## *Sharing Your Feelings Techniques*

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### **Synopsis**

It's not always the easiest thing to do, sharing one's feelings especially if those feeling are going to conjure up further unpleasantness. However in most researchers done, it has been commonly accepted that the first steps to overcoming something, is often the conscious effort to share feelings on the given subject at hand.



## **You Can Share**

In order to the exercise of sharing feeling to go smoothly and in a manner it can be accepted and understood, some attention should be given to the process involved. This process should to some extent follow certain guidelines and here are just some that are suggested and used previously with success:

- Listing these feelings down, would be a very good start indeed. If one is unable to correctly identify the feelings being felt at the time, it is unlikely that others will be able to relate as they may only be able to “guess” what is going on. Specific identifications like anger, sadness, betrayal, confusion and others needs to be identified within the individual’s or group’s frame before it is shared with others.
- Making the attempt to vocalize the feelings is also recommended. Sometimes just talking about the feelings helps to put things into perspective. In some cases it may also help to shed some “light” into the situation that is causing the feelings. With this revelation things that seem so negative can be seen in a newer and less damaging light.
- Picking an appropriate time and place is also something that needs careful consideration. When feelings are being aired the last thing one needs is interruptions or distractions, as this can



cause the entire exercise to be taken for granted and the said feelings to be marginalized.

- The technique of using related examples when sharing feelings is also effective as sometimes the connections are better made when the examples are tangible and relatable.



# **Chapter 3:**

## ***Change Your Thinking About Vulnerability***

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### **Synopsis**

More and more today people are being encouraged to be in touch with the feelings and vulnerable side. At the same time there are others who insist that this type of thinking has no place in a person's life if outstanding achievements are going to be made.

However, researchers have shown that the existence of a certain amount of vulnerability within any scenario tends to produce better, more rounded and certainly more workable solutions.



## **Think Differently**

Thus the need to change the perception of vulnerability and the role it plays. In most cases, the most compelling and obvious elements that emerge when vulnerability is recognized, is compassion and understanding.

Better decisions are made because of the introduction of these two very important elements. It also becomes much easier to relate to the given situation and then come up with solutions that don't cause even more problems or expenses.

In the work place, it would be forgiven and even saluted if the element of vulnerability was shunned but those who understand the impact of this element can in fact encourage better and more effective work forces than if it was not encouraged to be ignored.

When the vulnerability of others is not exploited, the contributing results will be beneficial to all.

Though it should be understood that vulnerability should not be used as an excuse to shrink from commitments, as most people who are able to allow themselves to feel this vulnerability , will also attest to finding themselves able to enjoy feelings like joyfulness, creativeness, carefree attitudes and generally the ability to relate more openly to anything and everything.

This of course is a very beneficial thought process because it generally contributes to a higher level of connectiveness in a healthy way. Therefore a certain amount of vulnerability within one's own sphere will definitely bring about positive results.



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