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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.

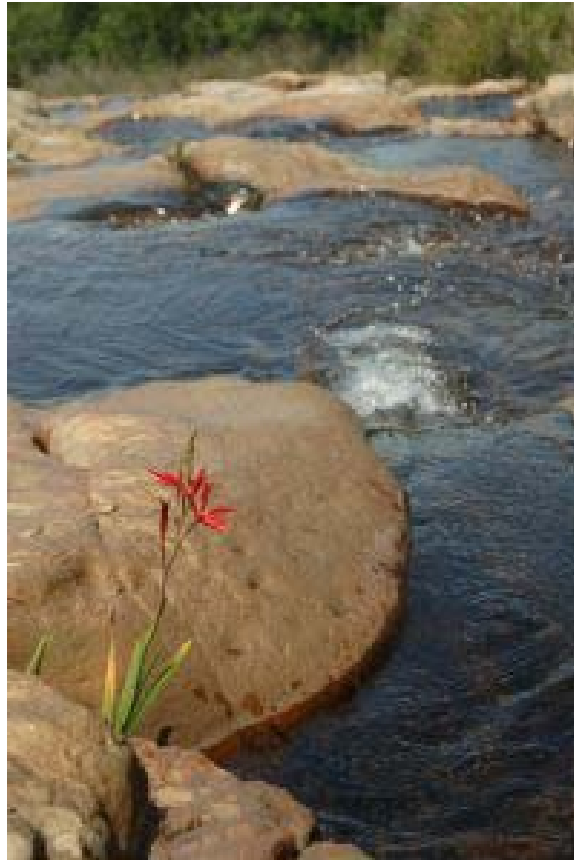
Better decisions are made because of the introduction of these two very important elements. It also becomes much easier to relate to the given situation and then come up with solutions that don't cause even more problems or expenses.

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.



# Chapter 4:

## *Decide Who You Can Be Vulnerable With*

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### Synopsis

Advocating the allowance of vulnerability is accepted and even encouraged; however being discerning when it comes to where and when to show vulnerability is just as important. Before making the decision to show vulnerability one should be aware of the pros and cons of this type of exposure.



## **Make A Choice**

The first thing to acknowledge is the possible repercussions that can be experienced if vulnerability is shown. When these repercussions are understood and accepted then and only then should one allow oneself to be vulnerable.

There are also different levels of vulnerability that should be exposed when dealing with different types of people and situations, as all are not played out in a level playing field.

Being vulnerable within a family unit or within a relationship has its benefits but this should only be done if all parties concerned are aware that exploitation is not an option allowable.

When feelings and thoughts are expressed within this frame the confidence built will not only strengthen the individual but will also help the bring all concerned closer and more understood.

In the work place, the element of vulnerability is often not seen or encouraged but if this is changed, then people will be more willing to consider the feelings and actions of others, thus creating a healthier working environment. However here again one should be discerning in where and when this vulnerability is shown.

Faced with the pressures of everyday life, every human being copes in different ways, therefore when vulnerability is shown it should be

taken seriously and addressed with compassion and understanding and not with condescending overtures.

In most cases the fear of being vulnerable creates an unhealthy and unrealistic strength that can and usually does crack when least expected with dangerous and disastrous effects. Hence the need to educate people on the need to both express, recognize and deal with this very delicate element.





# Chapter 5:

## *The Benefits Of Vulnerability*

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### **Synopsis**

If addressed and respected as an important contributing element, vulnerability has many advantages when exercised by all. There are different levels and area where vulnerability can be expressed as there are also an equal amount of areas where it can be exploited, thus the need to be discerning when choosing to use the element of vulnerability.



## **Advantages**

Within the social environment, categorizing vulnerability can help change negative situations for the better as any light shed on the situation because of the vulnerability element helps to garner the appropriate attention and help.

Marginalized groups, which are deprived of both the attention and resources, can now be made beneficiaries of better things to come because of the exposure gained from the realization of their vulnerability.

Environmental vulnerabilities can also be a very important issue. This is vulnerability in a different form. Being able to identify the vulnerability of natural resources and how they are impacting everyday human existence will help the powers that be to make the necessary adjustments and educate its citizens on its preservation or annihilation procedures and possibilities.

Besides the vulnerabilities of the natural resources, there are also the vulnerabilities of the performances of the economic sectors which play a very impactful role of the well being of any particular country's stability.

Here too taking the time and effort to understand and work with the possible scenarios brought about by such vulnerabilities can be something quite positive.

When it comes to the more micro level of vulnerability assessments, individual companies are also affected. Understanding the makeup of each individual department's staffing and mechanisms and the possible contributing factors that are likely with the vulnerability element also helps the company to put in place all the necessary backup systems that will ensure optimum positive results.



# **Chapter 6:**

## ***How Being Too Closed Off Can Damage Relationships***

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### **Synopsis**

If one is not willing to be open and vulnerable to a certain extent, this can and most often end up causing a lot of misunderstood intentions and actions.

Matters can escalate into huge problems simply because of the inability to show vulnerability.

If one is not able to understand and work in situations that are encompassed with this element, the understanding that is required to make things better is not be able to materialize thus causing either further problems or simply frustrations.

## **Disadvantages**

Being too closed and rigid often not only does not positively contribute to an already difficult situation but it also creates the hardness and uncompromising attitudes that could eventually derail or destroy whatever efforts that have already been put into the exercise.

Being too closed also blocks any attempts of growth both within and around the existing situation. Breakthroughs cannot be explored or made because of the rigidity of all connected if vulnerability is not allowed to be felt.

This rigidity can also be mimicked by those around whom maybe impressionable and thus the ugly cycle continues. If not addressed early enough this closed off attitude can become so natural to the individual that it becomes almost unrecognizable as a negative element.

When this happens, any form of confrontation is looked upon with disdain and thus putting the individual on the defensive immediately. Dealing with these circumstances and attitudes can be very stressful and defeating. Therefore it is always beneficial to all concerned to exercise a certain amount of vulnerability with caution.

## **Wrapping Up**

All relationships needs some level of nurturing at different intervals. Examining these relationships and the connections made often contribute to a healthier and more meaningful environment. Here when vulnerability is exercised and generally accepted with an open mind, the progression into positive territory if often the welcomed results.

