
VULNERABILITY

I hate it.

I keep asking myself.

Why do I keep telling people?

1. I'm strong when I'm weak.
2. I'm capable when I'm not.
3. I'm healing when I'm sick.

Why can't I just be vulnerable?

I guess I'm afraid same as everyone else if I take off the mask. The real me will be too disappointing.

I should just show people what they want to see.

BUT DOES IT HELP WHEN WE HIDE WHO WE'RE AND HOW WE FEEL?

I yearn for connections, to feel and to be vulnerable.

1. Yes, I'm totally exposed when I'm vulnerable.
2. Yes, I'm in the torture chamber that I call uncertainty.
3. And, yes, I'm taking a huge emotional risk when I allow myself to be vulnerable.

But what else can I do?

Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity.

It is the source of hope, empathy, accountability, and authenticity.

If I want greater clarity in my purpose or deeper and more meaningful spiritual life, vulnerability is the path.

VULNERABILITY IS NOT WEAKNESS

According to the Merriam-Webster Dictionary.

The word vulnerability is derived from the Latin word *vulnerare*, meaning “to wound.”

The definition includes “*capable of being wounded*” and “*open to attack or damage*.”

Merriam-Webster defines weakness as the inability to withstand attack or wounding.

Weakness often originates from a lack of vulnerability—when we don't acknowledge how and where we're tender; we're more at risk of being hurt.

Invulnerability cost more from the field of social psychology, influence-and-persuasion researchers, who look at how people are affected by advertising and marketing, conducted a series of studies on vulnerability.

They found that the participants who thought they were not susceptible or vulnerable to deceptive advertising were, in fact, the most vulnerable.

The researchers' explanation for this phenomenon says it all: “Far from being an effective shield, the illusion of invulnerability undermines the very response that would have supplied genuine protection.”

Vulnerability is the last thing I want you to see in me, but the first thing I look for in you. If that's the case.

Why is it so damn hard to be vulnerable?

I AIM

To create an open and honest conversation around vulnerability.

CAN I INVITE YOU TO A CONVERSATION AROUND VULNERABILITY?

I've learned it's much easier to share with a person I know than to a person I know about.

I love to have a call before I send the questions.

During the call, I hope to become a person you know.

WHY ANSWER THE QUESTIONS WITH WRITING RATHER THAN INTERVIEW

I'll love for you to answer the question with writing.

I believe when you write it's easier to come back to it after a while. To add some of the details you might have missed.

I encourage you to write without editing.

If you find a sentence which is much better than the current one you're writing.

Write it down the current sentence.

Don't delete it.

That way at the end when you edit

You'll have more truth to work with.

QUESTIONS

1. What is vulnerability to you?
2. What vulnerability feels like to you?
3. Why are you practicing vulnerability?
4. What's your response to a violation of you being vulnerable? What do you do when someone violates your vulnerability or take advantage of?
5. Was vulnerability encouraged growing up?
6. Who is supportive of vulnerability in your family?
7. Any mentors along the way?

8. What book(s) that helped with this?
9. Any advice to a person struggling to be vulnerable?

CAN WE SCHEDULE THE CALL?

If your schedule isn't that tight, let's schedule the call during this week.

Here is my calendar.

<https://calendly.com/joelmwakasege/60min/04-05-2017?back=1>

A quick tip: You can change the time to your current time zone.

I'll be glad to hear from you.