

VULNERABILITY

STARTER GUIDE

7 Steps You Can Take to Increase Vulnerability In Everyday Life:

1. The next time you think of texting someone, call them instead. Even if the call isn't serious, you may talk more and explore deeper things.
2. The next time you're tempted to buy something on Amazon, ask someone if you can borrow it from them instead.
3. Answer honestly the next time someone asks, "How are you doing?"
4. Ask someone for their advice about something you're struggling with, even if it's a small thing.
5. Ask some people you know about the highs and lows of their week.
6. Leave your phone in your car when you meet up with a friend.
7. Ask your safe person(s) to meet up for a game/ meal/coffee and prepare them that you want to share some stuff that's been going in your world.

5 Prompts to Open Up a Vulnerable Conversation with a Safe Person:

1. "This week at work (or at home) I was busy with _____ and I felt _____."
2. "I really need to _____, but I'm struggling to work up the courage. Could you call/text me on _____ and ask me if I have _____ yet?"
3. "Very few people know that _____ is happening in my _____."
4. "I need _____, but I'm afraid to ask for it."
5. "I am hesitant to open up because _____."

**The content of this Vulnerability Starter Guide was taken from Jennie Allen's book, *Find Your People*. The title of our current sermon series at Cornerstone was inspired by this book.