

AP60



Vulnerable	
0	0
0	0
4	0
0	0
0	0
Total	

The Path to Vulnerability	
Recognize the emotion I am feeling and understand why I am feeling it.	Take responsibility for what I am thinking and what I may want to say.
I accept my emotions and understand the importance of sharing them sincerely.	Am I expressing myself in a way that is true to me? Am I proud of what I say or do?
Am I expressing my true feelings sincerely and assertively?	Are my actions and words in line with my relationship goals and Core Values?