

Exploring Vulnerability Questions

Instructions: You may work individually to complete this worksheet, or use the questions as a guide for discussion.

1. What does “intimacy” mean to you?
2. What does it mean to you to be “vulnerable?”
3. If you were to be completely vulnerable with your partner, what do you imagine might happen?
4. If your partner were to be completely vulnerable with you, how might you feel?
5. Is it always appropriate to be vulnerable with people?
6. How could you imagine being responsible for your own vulnerability (not having to take care of each other when either or both of you are being vulnerable)?

This worksheet completes Part One.