



**A W A K E N**  
p s y c h o l o g y

healing

through

growth



**This article is about vulnerability ... why it enriches our life. We look at the six reasons why vulnerability is useful, and not to be feared.**

And don't forget, last time we discussed relationships ... when trust is broken in relationships. Click [here](#) to find out more.

## **VULNERABILITY – Why Would I Be Vulnerable?**

**By Amanda Pulford  
Director, Registered Psychologist  
BPsych (Hons) MPsych (Clin)**

For most people the word 'vulnerability' sends shivers down their spines, accompanied by thoughts such as "Eeewww, why would I want to be THAT?", and feelings of anxiety or even panic. However, vulnerability can be a good thing ... even a GREAT thing. Read on to discover six reasons why!

1. **We are better at dealing with uncertainty, risk and emotional exposure** : Often we think that by making our world more certain, more predictable, more black and white we'll experience less uncomfortableness, less stress and less anxiety. However, the complete opposite is true. And often we can miss out on the rich fullness of an experience due to trying to control the situation, or how we feel in the situation.

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

### **AWAKEN PSYCHOLOGY**

*Healing Through Growth*  
118 Partridge Street  
Glenelg South SA 5045

**e** : amanda@awakenpsychology.com.au

**w** : www.awakenpsychology.com.au

**fb** : www.facebook.com/awakenpsychology

**t** : www.tumblr.com/blog/awakenpsychology

**p** : 0488 954 195

**f** : 08 8294 3100

2. **It opens up opportunity** : If you don't open yourself to the possibility of something new, then you won't know what opportunities are out there. If you think of anyone that has become noteworthy, you'll know that they didn't dream small ... and you'll probably also know that they had to 'think outside of the box' and try something new or different.
3. **It builds persistence** : It is rare to find someone that has been vulnerable, tried something new, and that it has worked out perfectly the first time. If it's a new idea, we often have to try it out several times (or maybe more) before it 'works' ... all the while being vulnerable to consequences, criticism, and judgment. Just ask J. K. Rowling about that!
4. **It makes us more human** : Others like to know that we aren't 'perfect', just as they aren't 'perfect'. We all have our kryptonite. This is what makes us interesting, more approachable, more 'real'.
5. **It's courage, it's daring** : Why do we look at others who are vulnerable and say that they're "courageous" and "daring" for doing something different, or doing what they believe in, or saying what's important; however we judge ourselves for being 'weak' when we're vulnerable? How about we start treating ourselves when we're vulnerable, as we would treat someone else who is vulnerable? It takes strength to be vulnerable!
6. **Life becomes richer** : Just imagine the possibilities, the potential, and the future that awaits! As Theodore Roosevelt said, "It's not the critic who counts; not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly ... who at best knows the triumph of high achievement and who at the worst, if he fails, at least fails while daring greatly."

But don't just take my word for why vulnerability can lead us to growth and goodness. If you're interested, take a look at Brene Brown's 2010 TEDx talk on [The Power of Vulnerability](#) (it's one of the top ten most viewed TED talks in the world).

And if these strategies haven't helped you to 'dare greatly', or if you'd like some help to 'dare greatly', then maybe the assistance of a professional is for you.

If you would like support in working with your thoughts, feelings and behaviours, please feel free to contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

---

## AWAKEN PSYCHOLOGY

*Healing Through Growth*  
118 Partridge Street  
Glenelg South SA 5045

**e** : amanda@awakenpsychology.com.au  
**w** : www.awakenpsychology.com.au  
**fb** : www.facebook.com/awakenpsychology  
**t** : www.tumblr.com/blog/awakenpsychology

**p** : 0488 954 195  
**f** : 08 8294 3100