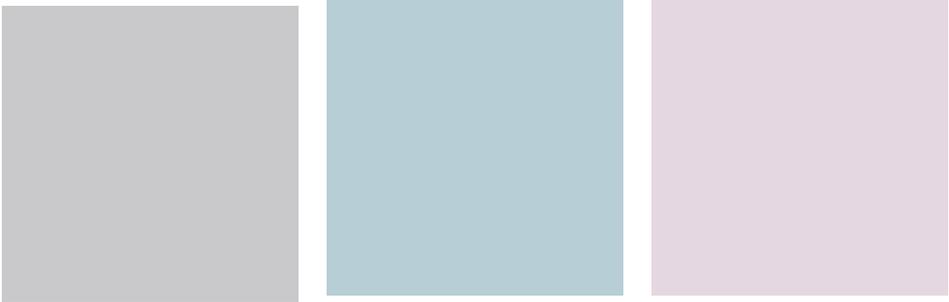
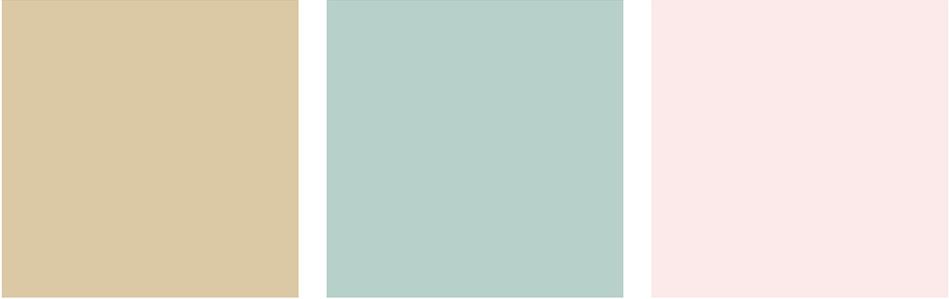




Vulnerability

Coloe Palette



What does vulnerability mean to you?

A moment where you

let

p

o

w

u

your guard

in order to interact with

someone you care about.

To me,

vulnerability

is the uncomfortable, but necessary

part of human

g r o w
t h.

vulnerable

When you step into being

I feel it is as though you are stepping a

bit closer to who you truly are.

Now, I do not
believe that
it is possible

to have true, deep, friendships
without being vulnerable.

It is a necessity of life.

In order for vulnerability to
healthily be present in the
relationship both parties must
trust one another.

There is the
opportunity
for rejection
and hurt

but an even greater opportunity
for depth, joy, passion, and
mutual delight and enjoyment.

Vulnerability is a willingness to share

the things that are hard to share with others –

the parts of you that you're ashamed of, embarrassed of –

the parts of your story that you wish you could change.

It's being honest

when being

honest

is the last thing you want

to do.

It's a willingness

to bring

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your walls

and remove all facades.

It's a willingness to bear

your

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to another.

It's sharing the 100%

unfiltered

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Simply sharing in honesty
and raw emotion

that then is contagious

in inviting others to be real

and raw
with themselves.

I see vulnerability as a risk,

or even a step of

faith,

because it always involves

sharing

d

e

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p

parts

of our lives with others.

my deepest

fears,
insecurities,
hurts,
joys,
successes,

failures.

Being able to share all of that and have
it be received with love,

grace,
and care.

Who are you the most vulnerable with? Why?

Especially with my husband, I feel

c l o s e r

when we are vulnerable with one another.

The background of the page is a watercolor wash. It features a large, soft pink area that transitions into a light blue area on the left side. The edges of the colors are irregular and feathered, giving it a hand-painted appearance. There are some small white spots and imperfections, suggesting it might be a scan of a physical piece of paper.

It shows that there is a mutual respect

and environment to express your heart

and encourage one another honestly.

I believe it has to start first

with us being 100% vulnerable with God,

which requires us to be 100% honest

with ourselves.

The background of the image consists of several overlapping, soft-edged washes of pink and peach colors. The colors are most concentrated in the center and fade towards the edges, creating a gentle, ethereal atmosphere. The texture appears slightly grainy, characteristic of watercolor or a similar soft-focus effect.

Vulnerability creates

intimacy

which is essential

to keep a marriage healthy.

I share with my college roommates because we have lived life together.

We knew each other when we were bratty freshmen!

If we can live through that together

then vulnerability is a piece of cake!

We have shared our struggles and celebrations with one another over the years.

We have gotten to watch one another grow.

When do you feel the most comfortable to be vulnerable?

I feel most comfortable to be vulnerable

when I am with people that I

trust

and know that I have someone's full attention

and that they deeply care about

me.



Oftentimes

it's

after

someone

else

has

just

been

vulnerable

with

me.

When I'm in the presence of people I love and I know care about me.

during prayer time with God.

with being vulnerable

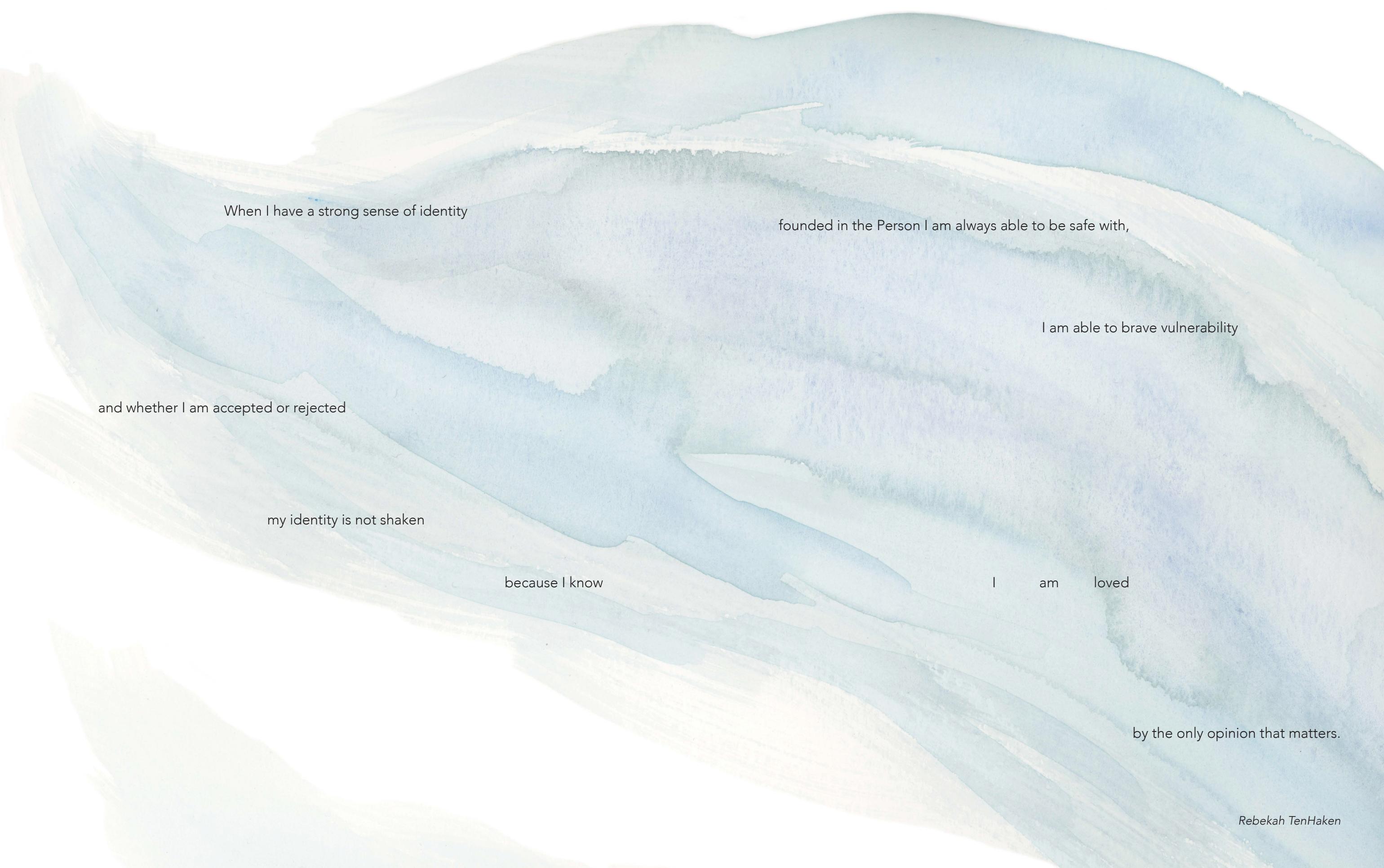
I feel the most comfortable

With a few people,

I feel most comfortable
to be vulnerable

when they are expressing genuine interest

in being vulnerable with me.



When I have a strong sense of identity

founded in the Person I am always able to be safe with,

I am able to brave vulnerability

and whether I am accepted or rejected

my identity is not shaken

because I know

I am loved

by the only opinion that matters.

Oftentimes

the most important points
of vulnerability occurred when I was
not necessarily comfortable to be vulnerable.

There have been times where
I may not have really known an individual
with that person. but felt a nudge to be vulnerable

It is usually when I have been through a similar
situation,
hardship,
circumstance,
and I feel it necessary to open up and share
a sacred part of my heart.

I know that

when others have done that for me

it has brought me
hope,
peace,
encouragement,
grace, and
empowerment.

When is a specific time that
you felt the most vulnerable?



Not only was the sin itself very difficult to confess
and be vulnerable about,

but I also had lied about it several times to my parents

and had to confess that also.

Recently,

when I finally

got the courage

to take off the mask I was wearing

of having it all together,

and got honest

about what was r e a l l y happening in my life

and that I

was

not

okay.



and as well with the Lord.

Not only did I have to be vulnerable with others

but I truly needed to be vulnerable

with my own heart

Looking back

it was through those hard moments of being

in my process of healing.

vulnerable

that created opportunity

In a specific situation, what made you feel vulnerable?

The fear of being misunderstood,

the fear of being judged,

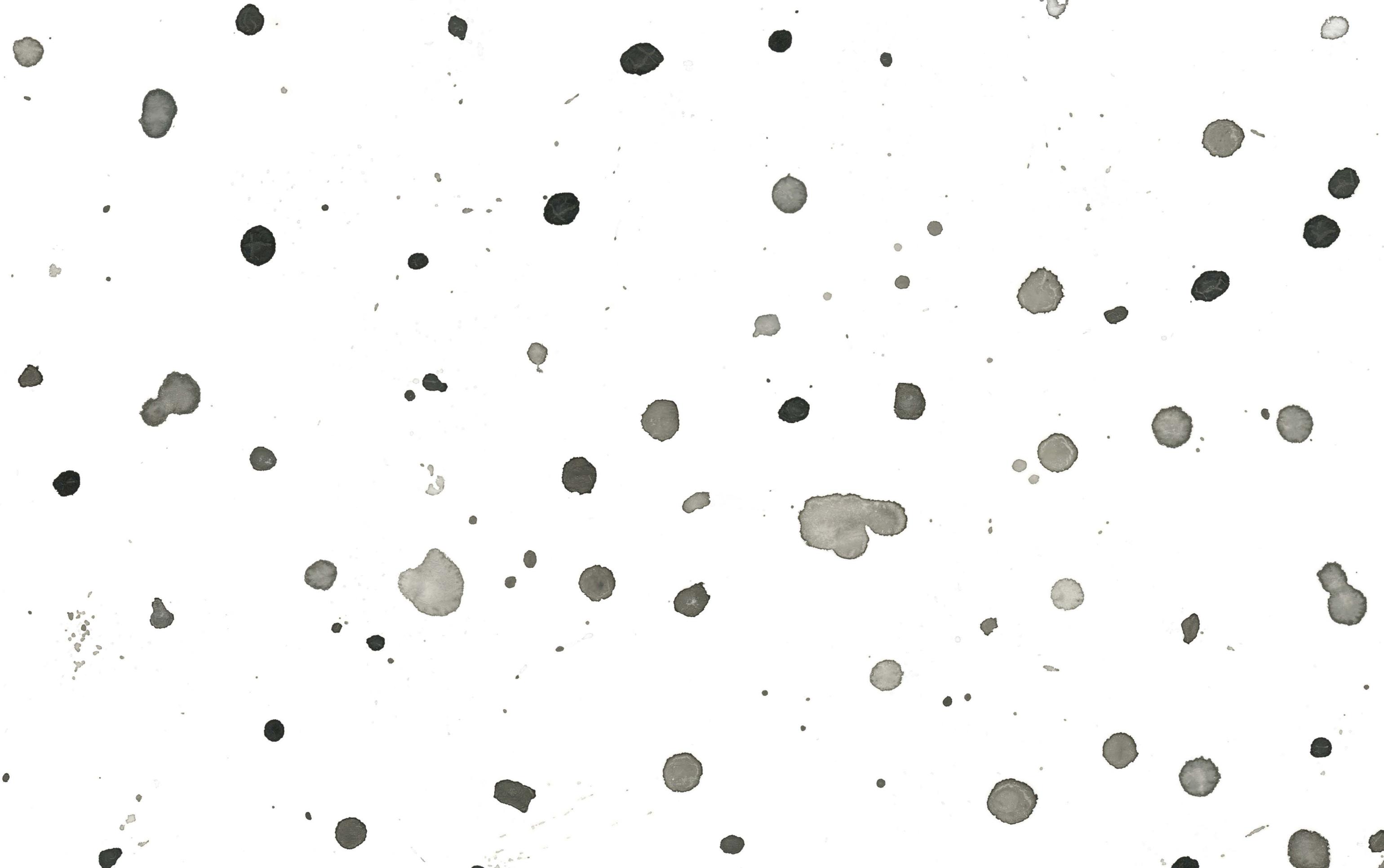
the fear of what people will think of me,

the fear of messing up or embarrassing myself,

and

so

on.



I felt like I was hanging

out

in

the

open



to be either accepted or

rejected.

What made me feel vulnerable

It was being

o p e n

about my brokenness

was having to share the

o

o

o

o

and sharing what made me feel ashamed and guilty.

corruption of my heart.

When do you feel least able to
be vulnerable? or with whom?

The background is a watercolor wash. It features a large, irregular shape in shades of purple and lavender that dominates the left and center. To the right, there is a large, circular shape in shades of yellow and gold. The colors blend and overlap, creating a soft, textured effect.

or that the individual does not really care

when I feel completely misunderstood

I am least able to be vulnerable

about my well-being.

It does not always feel good to hear about what you are doing wrong,

well actually it never feels good.

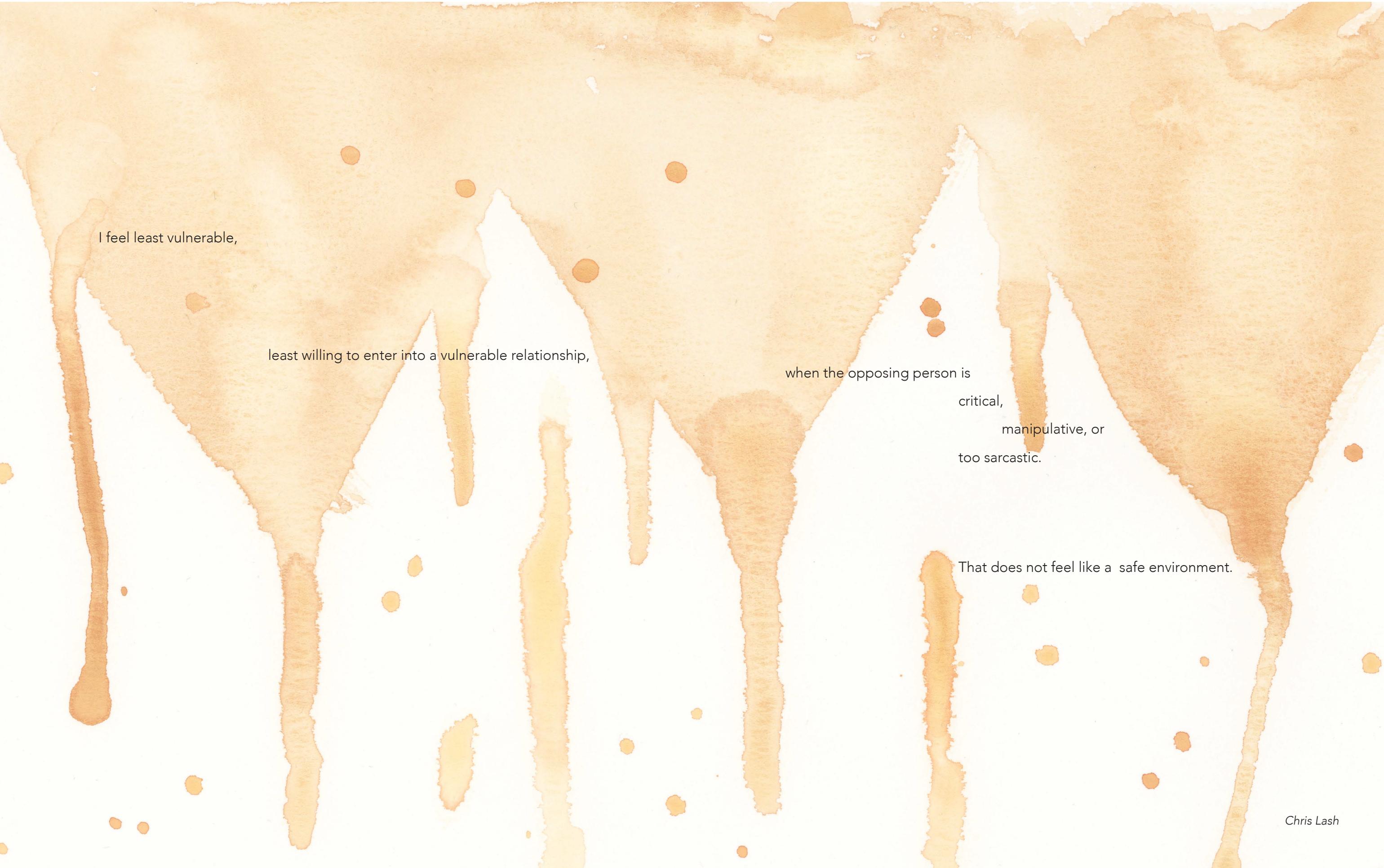
But it is in that vulnerability

of someone else shedding light

to bring you back to a healthy place,

to challenge you to be who you were called,

and that is a beautiful thing.



I feel least vulnerable,

least willing to enter into a vulnerable relationship,

when the opposing person is

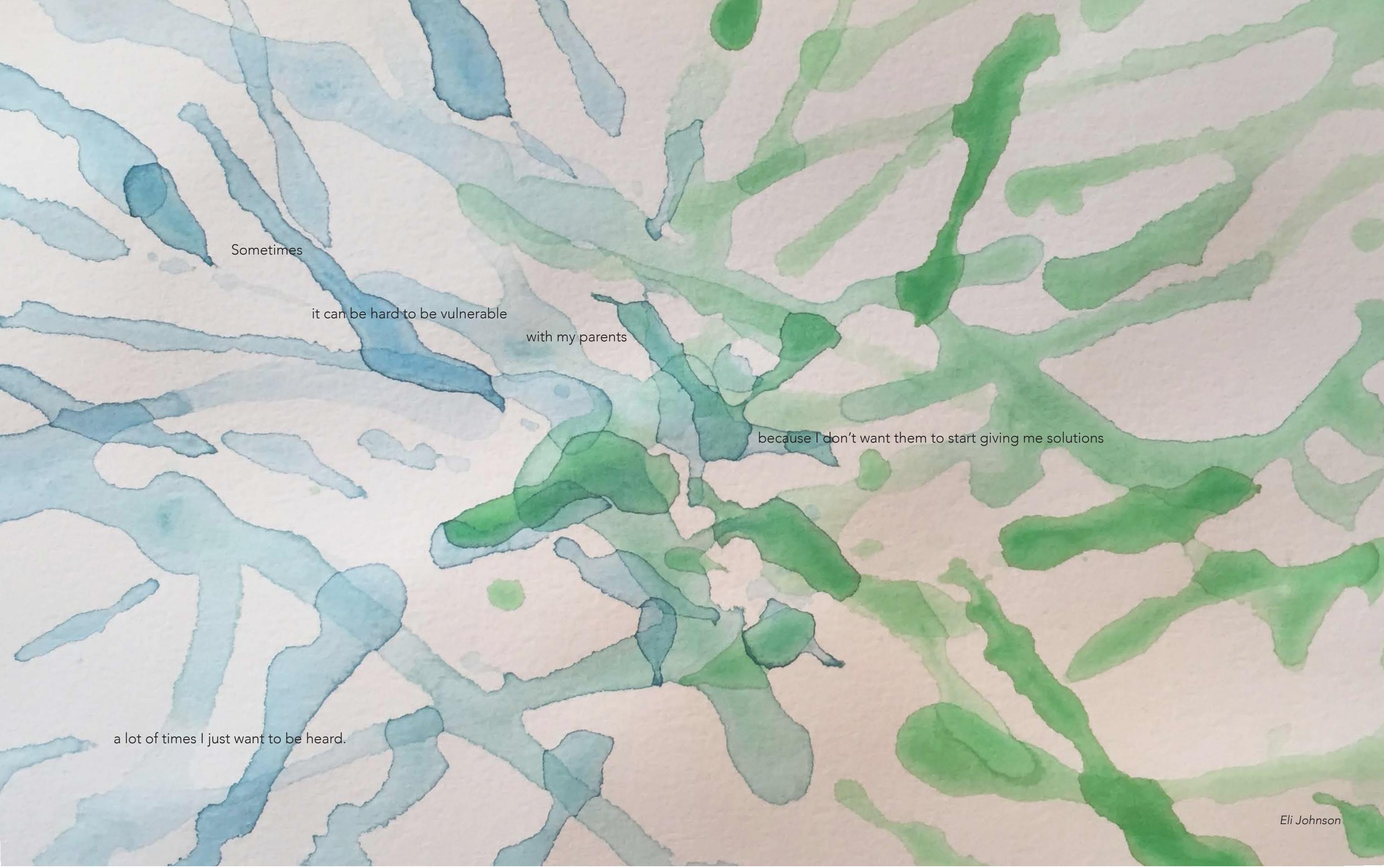
critical,

manipulative, or

too sarcastic.

That does not feel like a safe environment.





Sometimes

it can be hard to be vulnerable

with my parents

because I don't want them to start giving me solutions

a lot of times I just want to be heard.

I am least vulnerable

when I am around people

that I know are

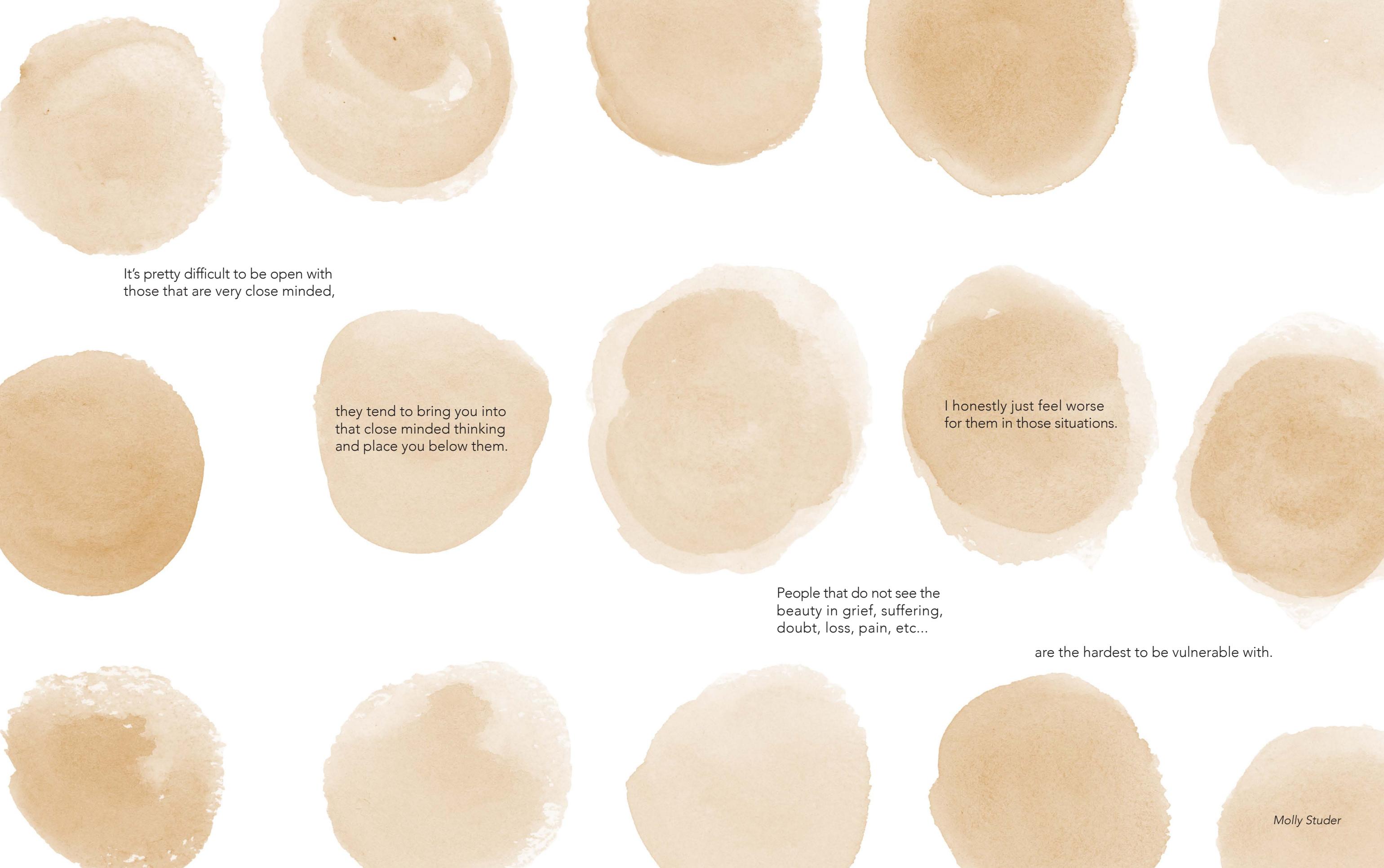
gossips,

foolish, and

untrustworthy

and generally with people

that do not know me well.



It's pretty difficult to be open with
those that are very close minded,

they tend to bring you into
that close minded thinking
and place you below them.

I honestly just feel worse
for them in those situations.

People that do not see the
beauty in grief, suffering,
doubt, loss, pain, etc...

are the hardest to be vulnerable with.

What holds you back from
being vulnerable with others?

Lack of trust

from being

holds me back

v
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with others.

Fear of judgement,

fear of that person

telling other people

the private things that

I've chosen to share with them.

My pride can also be a stumbling block to vulnerability

in that I don't want to

share my sin

and pain

for fear of being viewed as

weak

and

insufficient.

My fear of failure.

so I create

of myself,

an un-failure version of myself

I'm ashamed

that makes me look

good.

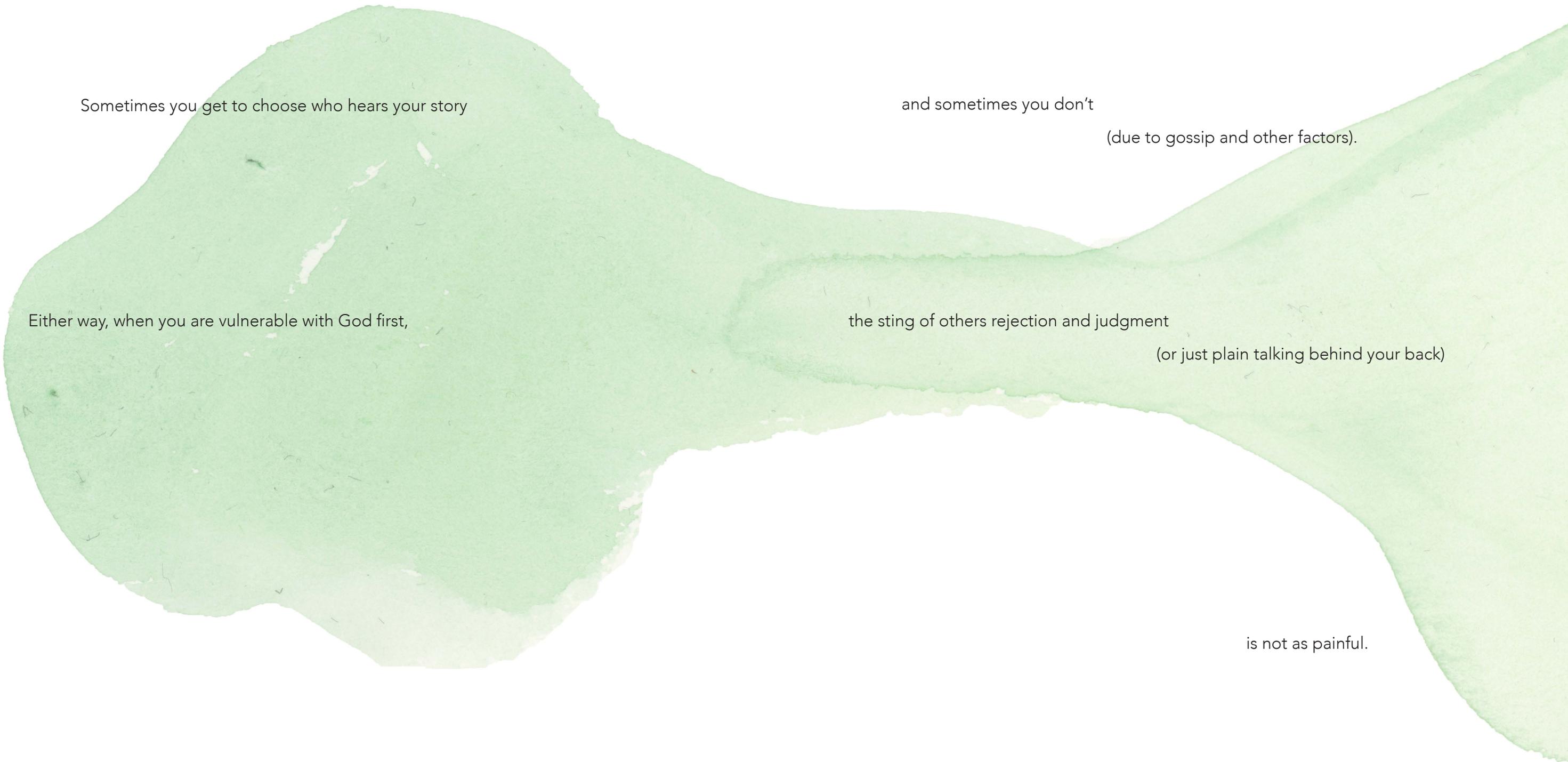
Not little failures,

When I think that,

me

BEING

a failure.



Sometimes you get to choose who hears your story

and sometimes you don't

(due to gossip and other factors).

Either way, when you are vulnerable with God first,

the sting of others rejection and judgment

(or just plain talking behind your back)

is not as painful.

It is still painful

but does not attack your identity

in the same way it might if

you are looking to t h e m for your

f u l l

acceptance

and

love)

and it makes when someone does

accept,
love and,
care

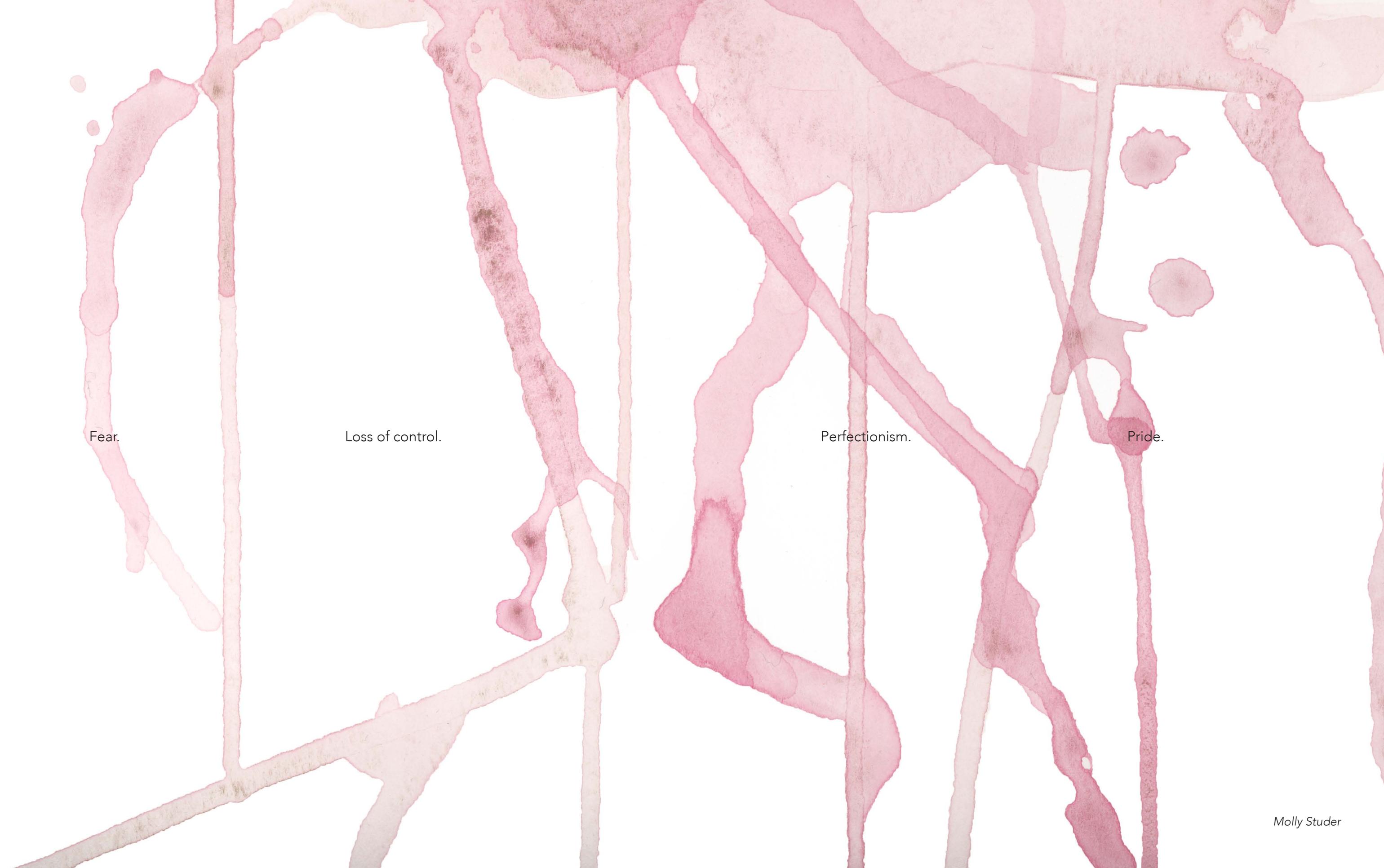
for you well

when you share vulnerably

that much sweeter

because you see that person's response as a reflection of

God's response to you.



Fear.

Loss of control.

Perfectionism.

Pride.

I felt comfortable with friends
to talk about some hard situations
in my past and current story.

They were remarkably helpful

and offered advice,

prayed for me,

did not jump to conclusions,

and checked in after I self-disclosed.