Practice vulnerability if you feel:
- What are my reasons for being V?
- How will I choose V if I feel sufficently safe to choose V?
- Am I hiding my true self? What are the likely consequences of remaining hidden?
- Have I owned my needs, emotions, boundaries, thoughts, and contributions?
- V is an act of courage at the same time.
- V is the pathway to connection. You can't have self-protection & connection simultaneously.
- Boundaries are required.
- It disarms defensiveness in yourself before you can express them.
- You first must own your emotions, needs, boundaries, and contributions. This allows you to move up to legitimate suffering including being vulnerable.
- It is often scary because it opens you to risk, uncertainty, and no guarantees.

Characteristics of Vulnerability (V):
- Defensive, Disconnection, or Deception

For you:
- Defined

Practice ownership if you feel:
- Lack of ownership leaves you trapped in conflict.
- Ownership helps you understand your responses, choices, behaviors, etc.
- Ownership is a willingness to let your emotions, needs, boundaries, and contributions to be seen.
- Ownership helps you understand how you got to this place in conflict.
- Taking ownership helps you see the whole picture with ownership and vulnerability.

Characteristics of Ownership:
- Blaming, Hopeless, Powerless

For you:
- Defined

Practice the communication process if you feel:
- What expectations of myself or others do I have in this conflict?
- What do I have the power to change in this conflict?
- What do I have the power to change in this conflict?
- What emotions, behaviors, and thoughts am I trying to control in this conflict?
- What are my needs and what am I going to do to work towards them?
- How did I get to this place in conflict?
- Ask yourself:
- Ownership

The Communication Process:
1. Ask open & honest questions
- The story I’m telling myself about is_________.
- Listening with my whole body. Pay attention to what you see & feel.
- An honest question comes from a place of deep curiosity, not from a place of control.
- Open questions provide the most understanding.
2. Engage in Mindful LISTENING
- Don’t assume you know the answer.
- What do you need to hear here?
- What am I trying to tell myself?
- How do I feel in this situation?

Characteristics of Communication:
- Connection, Communication, Sharing
- Practice the communication process if you feel:

For you:
- Defined

Practice acceptance if you feel:
- What is not in my control to change?
- What emotions, behaviors, and thoughts am I trying to control in this situation or person is___________.
- What expectations of myself or others do I have in this conflict?
- What is not mine to own?
- Letting go of all attempts to control another’s thoughts, emotions, behaviors, or to limit or remove another’s thoughts and behaviors.
- The forgiveness process naturally flows out of acceptance work.
- Embrace the reality that you do not own another’s emotions, behaviors, or decisions.
- Embrace the reality that all change is owned by the person experiencing it.
- Embrace the greiving process that recognizes our need for growth.
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Characteristics of Acceptance:
- Frustration, Desire to Control, Certainty, Confusion, Storytelling

For you:
- Defined

Practice boundaries if you feel:
- What expectations of myself or others do I have?
- What emotions, behaviors, and thoughts am I trying to control in this situation or person is___________.
- What expectations of myself or others do I have in this conflict?
- What expectations of myself or others do I have in this conflict?
- What do I need to feel safe emotionally, physically, and mentally?
- What do I need to feel safe emotionally, physically, and mentally?
- What expectations of myself or others do I have?
- Have I clearly expressed them?
- Have I identified & explored my boundaries?
- What do I need to own?
- Have I set the boundaries necessary to have ownership?
- Am I being sensitive & respectful of other’s boundaries?
- Am I being sensitive & respectful of other’s boundaries?

Characteristics of Boundaries:
- Unsafe, Distrust, Uncomfortable

For you:
- Defined

GIFTS

Cooperation
Change/Possibilities
Serenity
Peace
Independence/Autonomy
Satisfaction
Empowerment
Trust
Connection
Defined for them, defined for you
- V is a set of concepts that allow self-protection & connection at the same time.
- The agency to connect in you
- The agency to connect in others
- Let’s stop trying to fix it!
- At times, we need to be with others.
- They are necessary building blocks of healthy activities.
- They are necessary for creating healthy relationships.
- They are necessary for healthy behavior in relationships.
- They help form identity.
- They define what you are okay with.
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