

# Tuning in to your Vulnerability

- What are you not doing that you really want to do?
- What are you doing that you really do not want to do?
- When have you done something that you did not want to do to keep the peace?
- When have you passed over something you really wanted to please the other person?
- When have you pushed past your physical limitations by:
  - working after you were exhausted?
  - skipping meals?
  - forgetting to take a break when you really needed one?
  - sitting at your desk for hours and hours without changing your position?
  - not getting enough sleep.
- When have you ignored your feelings when you were:
  - loving?
  - hurt?
  - uncomfortable?
  - needy?
  - frightened?
  - shy?
  - overwhelmed?
- What have you decided not to say something because it felt too foolish or weak?

*(‘Partnering’ by Hal & Sidra Stone)*