

# VULNERABILITY WORKSHEET

---



Vulnerability Is Your Power!

Here is a reflection tool for recovering people-pleasers:

## STEP 1: GET HONEST WITH YOURSELF

What emotions or needs have you been suppressing to avoid conflict or keep others happy? (List at least 3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 2: START SMALL AND SAFE

Who in your life feels emotionally safe enough for you to practice sharing honestly?

Write down one simple Truth Statement you can share with them.

I feel \_\_\_\_\_ because \_\_\_\_\_. I need \_\_\_\_\_.

## STEP 3: DETACH FROM THE OUTCOME

What would it feel like to speak your truth and let go of trying to manage the other person's response?

Write a short intention or affirmation:

"I will speak my truth and trust that I am safe, even if others react differently than I hope."

(Feel free to write your own)

