**The Six Myths of Vulnerability**

By Harsh Sharma

Q1. I grew up believing that vulnerability was …

Ans: As a child, vulnerability and weakness were synonyms for me. Maybe I had a terrible vocabulary but the content I was consuming through television made me feel like vulnerability is a sign of weakness. There could be other reasons as well which I can’t pinpoint now.

Q2. For me, vulnerability feels like …

What does it physically feel like for me? What does it emotionally feel like for me? What am I thinking?

Ans: As for physically I don’t feel much vulnerable. I can do anything a normal person is expected to do. Yeah, if there was a black bear in front of me I would feel vulnerable, a lot vulnerable. But physically I don’t feel much vulnerable.

But when we talk about emotions, well, it’s kind of… messed up? Not like I’m very vulnerable but emotions are something I don’t have a very good time dealing with. Sometimes they get ahead of me and I get into this spiral of overthinking. But I mean who doesn’t. Right? RIGHT?

What am I thinking? Or what I’m overthinking? Not much. Really!!!

Q3. Thinking about the six myths of vulnerability, complete or answer the following:

Ans:

\_\_\_2\_\_ Vulnerability is weakness.

\_\_\_3\_\_ I don’t do vulnerability.

\_\_\_3\_\_ I can go it alone.

\_\_\_4\_\_ You can engineer the uncertainty and discomfort out of vulnerability.

\_\_\_2\_\_ Trust comes before vulnerability.

\_\_\_5\_\_ Vulnerability is disclosure.

Q4. In my organization, the messages and expectations about vulnerability are …

Ans: In Purdue university I’ve seen a couple of campaigns running about mental health and cells established for taking pride in one’s sexuality. So yeah, definitely my organization supports being vulnerable and has help if guidance is necessary.

Q5. When was the last time you saw someone bravely facing uncertainty, risk, and emotional exposure?

Ans: I would say I’ve seen one of my friend. The thing is never a person would say that they are vulnerable and are making decisions while being emotionally uncertain. And so even I can be very certain but maybe I know my friend and what was his current situation and so could say that I’ve seen.

Q6. When was the last time you bravely faced uncertainty, risk, and emotional exposure?

Ans: Ummm… coming to USA, I guess which was like around 7 months ago. Leaving your home country isn’t a very ideal condition and that too coming for studies. That is one of the uncertain decisions that I’ve made as things are very uncertain when you are in a foreign country.

Q7. When you reflect on how you want to show up and be seen as a leader, what do vulnerability and courage look like for you?

Ans: I think vulnerability and courage are two sides of a coin. Only people who are courageous enough can accept the fact that they are vulnerable. As a leader, one should be able to create a environment where people could express themselves freely. I don’t think vulnerability is something which should be promoted but at the very least addressed.

Q8. What is one way you’ll experiment with being more vulnerable at work?

Ans: I think I do express my vulnerability with my close friends. I’m not very good at hiding it anyway. What can I experiment with? Maybe I can experiment with being less vulnerable. In all seriousness though I think being vulnerable is good with done with people you trust. Because its what makes us a real person. I can’t think of any human being who isn’t vulnerable. It’s just that we don’t advertise it to the world. So yeah, just being **honest** with your close ones is something to strive for.