## Vulnerability Profile

It takes great courage to be vulnerable. In fact, keeping your heart open and being daring enough to ask others for help takes great fortitude. Answer the questions below. Doing so will show you how willing you are to expose your heart and allow others to support you. For each of the questions below, take care to pause and ask your deepest self for the truth. Then choose the number that is most closely aligns to your situation (1 being “not at all” and 10 being “a great deal”).

1. Do you have difficulty asking others for help?

1—2—3—4—5—6—7—8—9—10

2. Do you feel uncomfortable telling others you don’t have the answer to something?

1—2—3—4—5—6—7—8—9—10

3. Do others accuse you of being a backseat driver?

1—2—3—4—5—6—7—8—9—10

4. Do you stretch your physical strength (for example, carrying items that are too heavy) to avoid asking others for help?

1—2—3—4—5—6—7—8—9—10

5. Do you have difficulty taking the time to help others when they ask?

1—2—3—4—5—6—7—8—9—10

6. Does your family of origin resent it when you ask for assistance?

1—2—3—4—5—6—7—8—9—10

7. Do your friends avoid helping you out when you are in need?

1—2—3—4—5—6—7—8—9—10

8. Do you overexert or overextend yourself in trying to help others out?

1—2—3—4—5—6—7—8—9—10

9. Do you do most tasks, such as painting, moving, and shopping, alone?

1—2—3—4—5—6—7—8—9—10

10. Do you often avoid reaching out when you really need to talk to someone?

1—2—3—4—5—6—7—8—9—10

If you scored between 76 and 100, you struggle with allowing yourself to trust others and be vulnerable. Know that completing this profile has made you aware of your fear, and now you can start to take action steps towards alleviating it. Your fear may be based in childhood issues that have been cluttering your brain for a long time. If you deeply distrust others, you may keep drawing untrustworthy individuals into your life until you shift your beliefs around deserving support. Your first step is to acknowledge the wonderful way that you support others. Then as you see your contributions, you can allow others the gift of contributing to your life.

If you scored between 51 and 75, you have taken some steps towards trusting others. That being said, you have many more opportunities to ask for help and build trusting relationships. Ask the Universe to assist you in trusting yourself and others more. Ask for more gentle opportunities to support you in helping and being helped. Then be sure to express gratitude for the lessons and the shifts that you experience. As you commit to allowing, you will see more and more evidence of help all around you.

If you scored between 26 and 50, you have a pretty healthy mind-set around vulnerability. While you can still expand your willingness to open your heart and ask others for assistance, for the most part, you are pretty comfortable with doing so. Allow yourself to feel into the vulnerability when you ask others for help. Similarly, feel the ultimate joy you experience when you can make another’s life easier. Avoid a tit-for-tat mentality when seeking or offering assistance, and relish in the harmony that exists in the exchange.

If you scored between 10 and 25, give yourself a deserved pat on the back. You are doing a wonderful job at keeping your heart open and asking for help. Continue on the wonderful path that you have created and allow the Universe to show you greater and greater examples of how you are able to both give and receive. Then express gratitude to your Creator for bringing you and yours such generosity of spirit.