

# Practicing Vulnerability

## Lesson Timeframe

15-20 mins

## Materials

- ☐ Journals



## Empower

Last week we talked about the importance of celebrating courage and courageous moments we have experienced as a family. We have focused on being brave so far. Now it's time to empower ourselves to see how courage is more than bravery; it is also about being vulnerable and humble as you might have read about in the Courage newsletter. Remember, **Courage is being brave when facing new or difficult circumstances.** When you are *vulnerable*, you are allowing people to see and know you fully, even if that feels scary or risky. When you are *humble*, you have the courage to give credit where credit is due. Who helps you be fully yourself? What people, places, and experiences have shaped you? What is something about yourself that you need to build up the courage to share with others? What is something about yourself you need the courage and humility to personally face and recognize?



## Discussion Starter

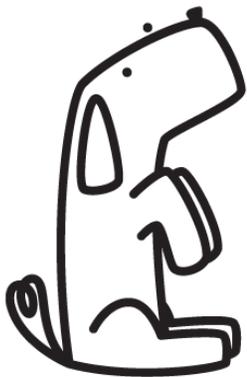
Courage is not about being strong; it is about being open, honest, and humble. Sometimes you will need to share your ideas, your feelings, your experiences, your mistakes, and your victories with others in order to get to a new place in your life. It might seem easier to lie or cheat or take a shortcut, but this is never a courageous choice and ultimately it will lead to problems. **In your family, what prevents you from being vulnerable or humble with each other and how can you do a better job encouraging everyone to be open and honest so that they can be their most courageous self?**



## Journal Prompt

Courage comes in a variety of packages! In your journal, choose one of the following to help you grow and/or reflect on this topic.

- **DRAW:** Not all superheroes wear capes! Draw a picture of “everyday heroes” in your family or community. Who in your life is courageous and why?
- **DO:** Look for and read a story of real life courage in your local newspaper and talk about how the person/people showed bravery when facing a new or difficult situation.
- **WRITE:** Sometimes being courageous takes vulnerability, which means you need to be willing to share your feelings and ideas at the risk of someone disagreeing with or not understanding you. For example, your parents might want you to go out for the basketball team but you don't want to because you'd rather take guitar lessons. It takes courage to talk to them about what you really want to do and why you don't want to do what they think you should do. You need to understand yourself and be willing to explain your position to someone else. This takes courage and vulnerability. Write about a time where what you wanted to do was in conflict with someone else. How did you handle it?





## Kindness Hack

Speaking up takes courage! If you are ready to go the extra mile, try this:

- It can be hard to have courageous conversations because they sometimes involve conflict or a difference of opinion. You can make these conversations easier by using **I-statements**:
  - “I feel ....”
  - “I would like to ... but I ....”
  - “I am not sure about ....”
  - “I hear you saying .... Is that right?”
  - “I understand what you are saying, but here is how I am thinking about it.”

Focus less on the *other* person and more on what you are hearing, thinking, feeling, or understanding. Make sure to then let them respond!

- Work on using I-statements today in calm voices. It takes courage to do this, but it can lead to wonderful conversations!