

VULNERABILITY & YOU-REFLECTION

1. What situations make you feel vulnerable? Are you aware of what makes you feel vulnerable?

2. How do you experience your vulnerability? (Angry? Detached? Withdraw into certain behaviours? mentally, or physically)

3. What do your ED behaviours have to do with feelings of vulnerability?

4. How comfortable are you with being vulnerable?

5. Can you name 1-3 areas of vulnerability in your life that you would like to work towards overcoming? Why these areas?
