



PATHWAYS TO RECOVERY

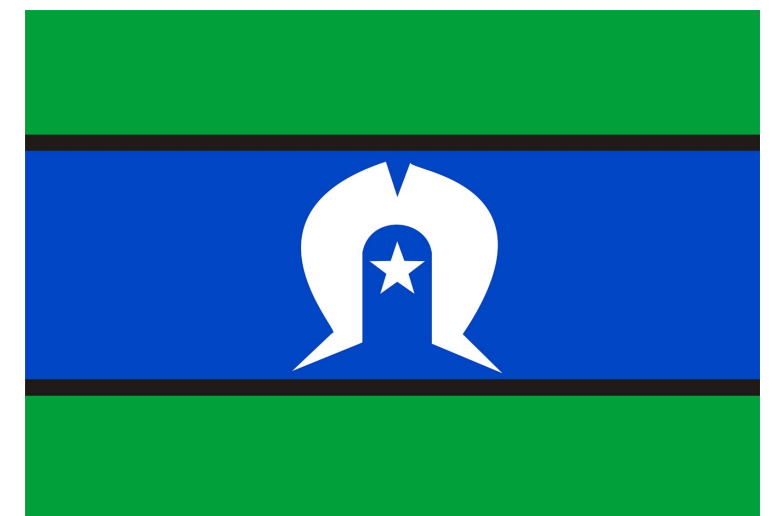
**Week 5**

VULNERABILITY & CONNECTION • BUTTERFLY FOUNDATION

# Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



# Our weekly group guidelines



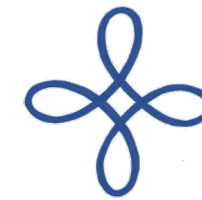
## Be on time.

Our groups start strictly to time.



## Respect differences.

Try to focus on similarities



## Recovery focused.

Encourage one another toward hope



## What we say here, stays here.

Maintain confidentiality



## Avoid advice giving.

Try to just listen



## Avoid triggering.

Do not refer detailed ED behaviours



## Taking turns.

Be mindful of the length of time you speak



## Keep camera on.

Respect the comfortability of everyone



## Stay present.

Try not to multitask.  
Stay engaged

# Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"  
"Purged X times a week"  
"Weighed myself X times a day"  
"Consumed X calories"

Don't include measurements and metrics

Weight  
Calorie intake/outtake  
BMI  
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"  
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

**Avoid sharing anything you think someone with an ED would copy or compare themselves to**

# Safety Measures

- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



# Vulnerability & Connection

## Week 5

- *The Power of Vulnerability* TED Talk by Brene Brown
- What is Vulnerability?
- Benefits & Acts of Vulnerability
- How Vulnerability Relates to Connection
- The Interpersonal Circle Worksheet
- Strategies for Practicing Connection

# The power of vulnerability by Brenne Brown



<https://www.youtube.com/watch?v=iCvmsMzIF7o>

# Definition of vulnerability

Vulnerability means the capacity to be open to one's emotions and connections with other people even when there is a risk of shame, fear or hurt.

# Benefits of vulnerability

- Vulnerability is uncertainty, risk and emotional exposure. It is the core of all emotions/feelings.
- Connection can only happen when someone risks vulnerability.
- Vulnerability is the most important ingredient of a trusting intimate relationship. Partners must be able to depend on one another and feel they are needed and appreciated.
- Wholeheartedness – we can't selectively numb emotions. If we shut out the bad, then we shut out the good as well.
- By being vulnerable we have the opportunity to experience aspects of ourselves that we might not otherwise be aware of.

# Vulnerability journal prompts

- What situations make you feel vulnerable?
- How do you experience your vulnerability? (emotionally, physically, behaviorally or mentally)
- What do your ED behaviours have to do with feelings of vulnerability?

# Attributes that lead to an ability to show vulnerability

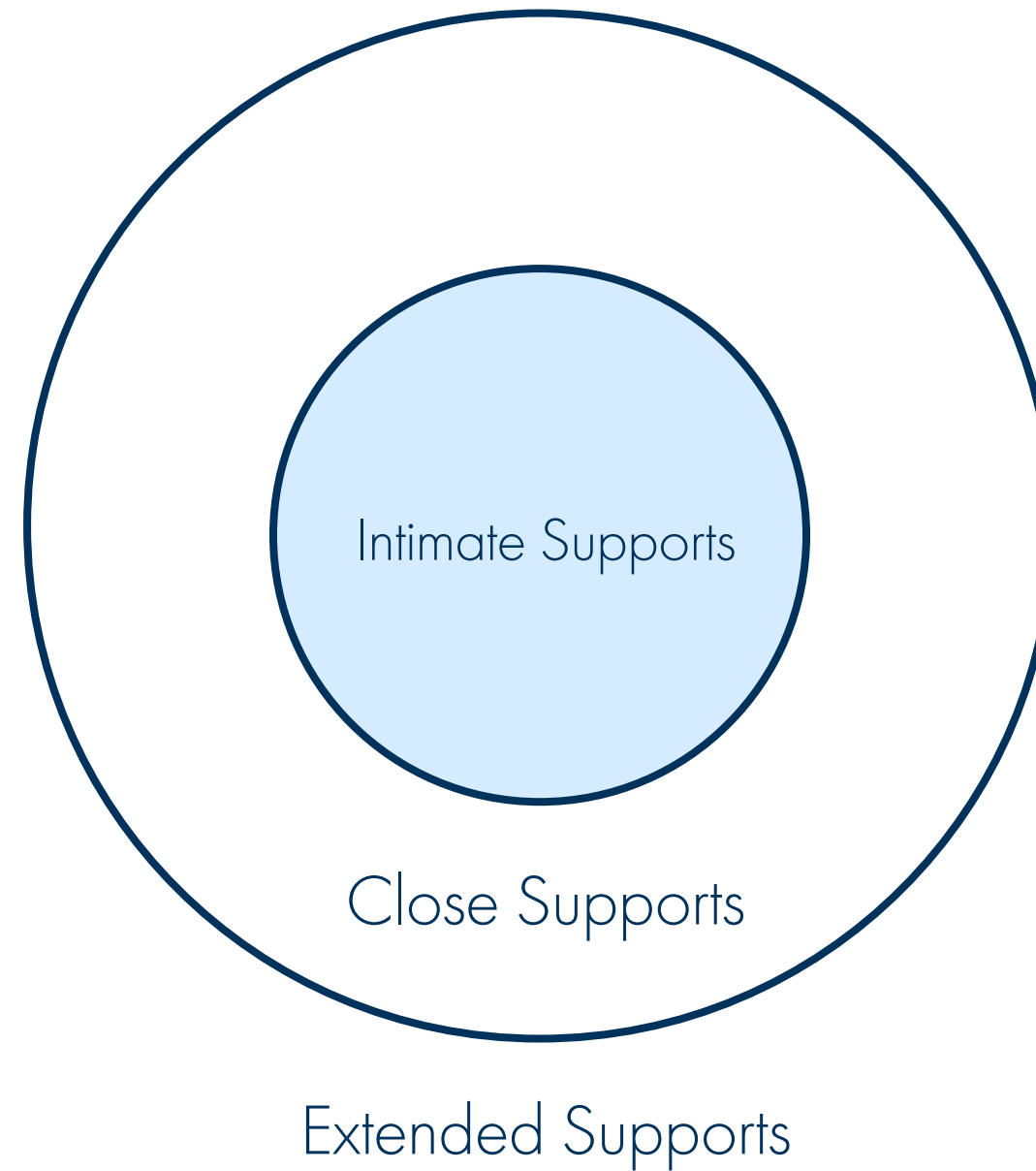
- A sense of love and belonging.
- Seeing vulnerability is necessary to live within your values and connect.
- A sense of self-worth - "I am enough."
- Acceptance of imperfection- embracing mistakes and being able to say them out loud taking ownership of both your good and bad parts.
- Acceptance of chaos ambiguity unknown this is not just part of vulnerability but everyday life.
- Assertiveness
- Being able to put down your armour.
- Self talk - being vulnerable is not "being weak" whilst you feel vulnerability, you're not- you have the power to care for yourself and stay (mostly) emotionally or physically safe.



# Acts of vulnerability

- Share an unpopular opinion
- Stand up for yourself
- Say no
- Asking for a hug
- Reach out to a friend in need
- Say I love you
- Share something you wrote or a piece of art with others
- Try something new
- Introduce two friends who don't know each other
- Introduce yourself to a stranger
- Admit when you are afraid
- Let go of controlling one aspect of your daily behaviour

# The interpersonal circle worksheet



Who in the circle knows about the disordered eating?

# Ways to connect and build your support system

- Reach out to someone new
- Be more honest in existing relationships
- Spend time with others which is not based around ED
- Be aware of approval seeking / people pleasing behaviours
- Let go of controlling behaviours
- Join a support group/therapist
- Call the Helpline 1800 33 4673
- Relationship Australia
- 1800 RESPECT

**What could you do to strengthen your support systems in the next week?**

# Intention for the week ahead