

# Looking at the Roots of Vulnerability

*Think about your relationship with your parents, your siblings, in another romantic relationship, or even in your relationship with your peers growing up. Identify the roots of these sensitive spots below.*

**The hurtful response I received from this person was:** \_\_\_\_\_  
\_\_\_\_\_.

**What I told myself about myself and about that relationship/experience was...** \_\_\_\_\_  
\_\_\_\_\_.

**I (THINK) OR select (DON'T THINK) you see this vulnerability in me.**

**What do you think is the root of your partner's vulnerability?** \_\_\_\_\_  
\_\_\_\_\_.

**Do you know what you do to irritate it?    YES    NO**

**If so, what?** \_\_\_\_\_.

**Share this with your partner**

**Reflection Question: What did it feel like to communicate in this way with one another instead?** \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_.