



VULNERABILITY IS COURAGEOUS

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Allowing ourselves to be vulnerable, to share our fears and imperfections, can be extremely difficult. We may worry that others will see us as weak or needy, but practicing vulnerability can powerfully strengthen our relationships by letting others know it's okay for them to be vulnerable, too. It can deepen our connections and allow all of us to find community in our shared perfectly imperfect nature.

Practicing vulnerability encourages Self-awareness, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel