

*Exercise: What Are Your Enduring Vulnerabilities?*

The following exercise is designed to help you remember specific events and relationships from your past that may have resulted in enduring vulnerabilities. Take your time answering these questions, realizing they may bring a number of painful memories to the surface. Once you've completed these questions, it may help to share your answers with somebody you trust.

You may also want to invite a spouse, relative, or friend with whom you want to build better emotional connections to do the exercise with you. If that's not possible, you might want to imagine how that person would answer the questions if he or she did the exercise. Doing so may give you insight about ways to improve your relationship.

Below is a chart with a list of emotional injuries that commonly happen in a variety of relationships and often result in emotional vulnerabilities. Put a check mark in the columns to indicate the injuries you've experienced in the past.

	Parents	Siblings	Lovers	Peers	Close friends	Coworkers
Not having enough control						
Being excluded						
Being controlled or coerced						
Being unfairly treated						
Being abused or humiliated						
Not receiving affection or signs of affection						
Not being accepted						
Being betrayed						
Being rejected						

*(continued)*

---

	<b>Parents</b>	<b>Siblings</b>	<b>Lovers</b>	<b>Peers</b>	<b>Close friends</b>	<b>Coworkers</b>
Being ignored or neglected						
Being disrespected						
Other injuries (describe)						

---

Now, on a separate piece of paper, in a journal, or in your Emotion Log, write about these topics related to each injury you've checked.

- Describe what happened.
- How did this injury affect you?
- What did you do to try to heal from this injury?
- What have you done to ensure that this doesn't happen again?
- What are the implications of this injury on your current life?
- What are the implications for your current life of your attempts to heal?
- Did this injury change the way you make bids for emotional connection? In what way?
- Did this injury change the way you respond to bids for emotional connection? In what way?