

3 minute thoughts

Episode 8 The building blocks of vulnerability

THE IDEA

Engaging conflict requires us to take risks and open-up.

A first step includes understanding that working through conflict is not about force. Rather, it asks us to find power in recognizing the other person while stating our own needs and requests.

It's a tall order. Let's practice

THE QUESTIONS

What am I afraid of that keeps me from being vulnerable?

How do I practice disconnection, so it keeps me from being vulnerable?