



Vulnerability Reflection Journal Sheet

Explore emotional courage and the strength found in being real.

Purpose: This journal sheet is designed to help you reflect on moments where you've chosen—or avoided—vulnerability. It will guide you toward understanding how opening up has impacted your faith, relationships, and inner peace.

Instructions:

Set aside 10–15 minutes in a quiet space. Invite the Holy Spirit to guide your thoughts. Be honest. Be kind to yourself. There's no right or wrong—just truth and growth.

Reflection Prompts:

Describe a recent moment when you allowed yourself to be vulnerable.

What did you share, and with whom?

How did that moment make you feel—before, during, and after?

Were you anxious, relieved, empowered?

What did you learn about yourself in that moment?

How did your act of vulnerability affect your relationship with the other person?

What held you back from opening up in previous situations?

What were you afraid might happen?

Who in your life feels like a “safe” person to be vulnerable with?

Why do you trust them?

How has Jesus shown vulnerability in Scripture, and how does that give you permission to do the same?

What would it look like for you to lead with vulnerability this week?

2 Corinthians 12:9

“But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”