



## *How comfortable are you reaching out for help?*

God created us to be a loving and interdependent people. We crave community and connection because we are wired for it. But reaching out to others can be a challenge because it can make you feel vulnerable. If asking for help or asking a friend to coffee is hard for you, remember that when you acknowledge your need for others, you are making room for God's grace and living into the Bible verse, "For when I am weak, then I am strong." (2 Corinthians 12:10)

"Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path."

Brené Brown, "Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead"

Spend a few moments with this checklist and see how comfortable you are reaching out.

	Always	Sometimes	Never
I am comfortable acknowledging my needs and limitations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am comfortable acknowledging my strengths.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel comfortable asking others for help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I let people know when I'm upset or hurt.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I accept imperfection in others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I accept imperfection in myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reject offers of help for fear the task will not be completed my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make an effort to welcome new people and get to know them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy inviting people to coffee or dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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