TSD MINDFULNESS

IDENTIFYING NON-VULNERABLE BEHAVIORS

Vulnerability is not supported in our culture, however this practice is the key to healing relationships, creating intimacy and better understanding who you are and your needs. Use this tool to identify your non-vulnerable behaviors and make a plan for more vulnerable actions in the future.

Non-Vulnerable Behavior	Example Behavior
Defensive when someone makes a comment about something you did.	"Well, I only did that because *you* didn't tell me what you wanted."
Telling the other person what to do.	"You should be more self-reflective and make better decisions."
Feeling emotionally paralyzed and withdrawn.	Shutting down during an argument and not responding to your partner's concerns.
Feeling angry towards yourself or another person.	Snapping at someone when underneath you feel hurt or rejected.
Distracted with tasks or media when you would otherwise be emotional.	Binge-watching a show instead of thinking about the conversation that upset you.
Entering immediate problem-solving to fix the situation.	Jumping into giving solutions to your partner's pain instead of just listening.
Criticizing yourself or someone else.	"I always mess things up" or "You're just being too sensitive."
Blaming someone.	"I wouldn't feel like this if you just did things differently."
Saying yes when you'd rather say no. Or saying no when you'd like to say yes.	Agreeing to go out even though you're exhausted, just to avoid disappointing someone.
Staying strong and holding it together emotionally to avoid certain interactions.	Smiling and acting fine around family even though you're deeply grieving.
Over-analyzing instead of feeling	Explaining why something happened instead of saying how it made you feel.
Sarcasm or humor to deflect	Making a joke when someone asks how you're feeling instead of answering honestly.
Changing the subject	Bringing up unrelated topics when a conversation starts to feel emotionally intense.
Remaining quiet to protect those around you.	Not sharing you're upset because you don't want to "ruin the mood" for others.
Being vague or indirect	Something just feels off" instead of naming the real emotion or issue.
Shifting into caregiver role	Focusing entirely on someone else's feelings instead of sharing your own.
Withholding affection or connection	Pulling away emotionally or physically as a way to avoid dealing with conflict.
Masking with confidence or competence	Trying to appear totally fine and "on top of it" instead of admitting you're overwhelmed.