



WEEK3

Creating Support Systems to Conquer Vulnerability (Chapter 7)

It's important to look at how vulnerable cancer can make us feel. Vulnerability is synonymous with helplessness, defensiveness, powerlessness, weakness, feeling susceptible.



NOTE FROM AUTHOR

4 Categories of Vulnerability

- Emotional Vulnerability
- Physical Vulnerability
- Financial Vulnerability
- Spiritual Vulnerability

Dealing with emotional vulnerability is the easiest to understand or relate to. It begins with asking and accepting help. If you're like me and most of the women I know with cancer, you've always taken care of everyone else's needs, often at the expense of your own. This relates to our physical vulnerability also. You may not be able to do the things you've always done. And then there is the financial vulnerability! Cancer can be expensive. Ask for help, there are so many grants that can be obtained you probably don't even know exist. Last on our list is spiritual vulnerability. There is enormous power in cultivating our spiritual connection, no matter what your religious or spiritual affinity may or not be.

Breathe



REFLECTION TIME

I encourage you to listen to turn on some soft music to help nudge open your heart and give yourself permission to write out what it is you need and who you think can help support you in getting that. Also take the time to listen to the guided visualization available in members section to help open your heart and quiet your mind.



MESSAGE

Vulnerability sounds like truth and feels like courage

*Each Moment
We're Alive*