

Embrace Vulnerability: Self-Assessment Quiz



Instructions:

For each of the following statements, rate your level of agreement on a scale from 1 to 5, where:

1 - Strongly Disagree

2 - Disagree

3 - Neutral

4 - Agree

5 - Strongly Agree

Questions	Rating
Authentic Expression <i>I feel comfortable expressing my true feelings, even when those emotions might be misunderstood</i>	
Risk-Taking <i>I am willing to take personal risks, knowing that vulnerability can lead to growth</i>	
Open Communication <i>I find it easy to share my personal struggles with trusted friends or colleagues</i>	
Fear of Judgment <i>I sometimes hold back from expressing my true self because I worry about being judged</i> <i>(Reverse Score: Lower scores indicate less fear of judgment)</i>	
Learning from Discomfort <i>When I allow myself to be vulnerable, I often discover new strengths and insights</i>	
Stepping Out of the Comfort Zone <i>I actively seek opportunities to step outside of my comfort zone, even if it makes me uneasy</i>	
Accepting Imperfection <i>I can easily admit when I don't have all the answers or when I make mistakes</i>	
Welcoming Feedback <i>I appreciate constructive feedback as a way to learn and improve</i>	
Deepening Relationships <i>I believe that embracing vulnerability leads to deeper, more meaningful relationships</i>	
TOTAL SCORE	

Scoring and Reflection

Add Up Your Score

Total your ratings for a cumulative score. A higher score generally indicates that you are more comfortable with vulnerability and see it as a strength. A lower score might suggest areas where you're holding back and could benefit from further reflection or support.

Reflect on Your Responses

- Which statements felt most true for you?
- Were there any questions that you hesitated to answer, or felt conflicted about?
- How might embracing more vulnerability enhance your personal or professional relationships?

Next Steps

Use your reflections as a starting point for deeper exploration.

Consider journaling about your thoughts or discussing your insights with a trusted friend or coach.