

THE JORDAN HARBINGER SHOW

Worksheet for Deep Dive | This Is the Vulnerable Truth about Vulnerability (Episode 94)

"Vulnerability" is one of the most pervasive buzzwords being bandied about today. On the surface, it seems to come from good intentions -- to illustrate that we all withdraw from being real at times and reassure us that it's okay to show our true selves to others. Only by displaying ourselves as vulnerable -- so say those subscribing to what Jordan calls The Cult of Vulnerability -- can we make meaningful connections with others.

The problem with this line of thinking is that authentic vulnerability isn't something that can be manufactured on cue. It can't be trotted out like a show pony in front of a live audience; it needs to be coaxed out indirectly and organically, or else it shrinks from scrutiny like a felonious executive under congressional oversight. In [episode 94](#) we examine how to spot vulnerability when it's being used strategically by others to manipulate us, how to tell when vulnerability is authentic, and how we know when the time is right to show our own vulnerability or keep it to ourselves.


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The Cult of Vulnerability

Gabriel and I talked about a trendy dinner party in Los Angeles I once attended. The food was enjoyable but the evening quickly turned into a worst version of forced self-help you can imagine. We were instructed by the host to go around the room and talk about the *one thing we were all struggling with*. Yuck.

Forced vulnerability never works. It was awkward and not only did it not bring everyone closer -- it just didn't work. Have you been in a situation where you've felt like you were forced to *play along* and be intimate? Well, it's time to break out of the Cult of Vulnerability.

Have you been in a situation like this? How did you handle it? Or have you encouraged The Cult of Vulnerability? Have your thoughts on the topic changed after this episode?




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Just Say No

Gabriel told me a story about a dinner party that he attended during which The Cult of Vulnerability made an appearance. (Dinner parties in L.A. sure sound suspect, huh?) At Gabriel's event, when it was his turn, he just said no. He opted out, and the circle continued without him having to force his way through some inauthentic vulnerability.

Later that evening, multiple people quietly thanked Gabriel for opting out. They didn't even realize saying no was an option. And remember: you don't have to do anything you don't want to do (even if someone is saying your lack of participation *is* the problem).

Have you gone with the flow of a group when you didn't want to? Why do you think you did so? What could you have done differently?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

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Checking Your Motivations

Vulnerability isn't worth a damn if it isn't real. With intimacy, authenticity will only come up organically. The best way to get to true vulnerability is to start by checking in with yourself about why it is you're after this sort of emotional nakedness.

Are you looking for a certain outcome? Maybe to make you look better? Or because you hope it'll prompt a later outcome in your favor? Are you tying a negative emotion to an outcome that doesn't go your way? Or is the goal simply to prompt good old-fashioned vulnerability?



Full show notes and resources for this episode [can be found here](#).

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About



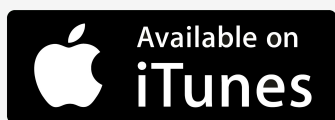
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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