

Fear of Vulnerability Test

Name: Marcus Stone

Age: 36

Date: Feb 14, 2024

This Fear of Vulnerability Test is designed to assess the level of discomfort or fear an individual experiences when expressing vulnerability. It helps mental health professionals identify areas where patients may struggle with openness and emotional exposure.

1. Review the statements. Respond to each statement based on how frequently they experience or agree with it.
2. Use the scale provided for each question, where 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always.
3. Discuss the responses to understand the context and feelings associated with each statement.

Question	1	2	3	4	5
I find it difficult to share my feelings with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I worry that being vulnerable will lead to rejection or criticism.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I prefer to keep my problems to myself rather than seeking help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I feel uncomfortable when others express their emotions to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I struggle to trust others with my personal information or feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I avoid situations where I might have to talk about my feelings or experiences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I fear that showing my true self will lead to being judged or misunderstood.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty admitting when I am wrong or have made a mistake.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I often put up a strong front, even when I feel vulnerable inside.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I feel a sense of shame or weakness when discussing my vulnerabilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Total	41				

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

Growing up, I was always taught that men don't show weakness. My father was a strict, no-nonsense kind of guy, and he expected me to be the same. So, I learned to keep my emotions in check, never letting anyone see what I was really feeling. It's not easy for me to open up about this, but I guess that's the whole point of this test. I'm starting to realize that maybe my views on vulnerability aren't serving me well anymore. It's tough to admit, but maybe it's time for a change.

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

Marcus exhibits a strong aversion to vulnerability, likely stemming from his upbringing and adherence to traditional masculine norms. His high scores on the test indicate a significant fear of being judged or perceived as weak. It may be beneficial to explore the roots of these beliefs in therapy and gradually work on developing a more balanced view of emotional expression and vulnerability. Encouraging Marcus to practice small acts of vulnerability in a safe environment could be a constructive starting point.