

## USG Racial Healing SGM ~ Vulnerability ~ March, 2023

drawn from Soul Matters materials, see the full packet for more of all of these elements

[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)



### Session Plan

#### Chalice Lighting

I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain. James Baldwin

**Check-in** *Share how you are doing and about any racial healing that has occurred recently.*

#### Quotes for Inspiration/Readings

Honestly, sometimes I don't have the strength to be strong because I am truly tired of fighting. There are days I want to rip off this superwoman cape because I no longer see the point of being "a strong Black woman." I am tired of the internal pain that I pretend doesn't exist. Yes, I get tired of being resilient. [Dr. Carey Yazeed](#)

#### Questions

1. Was vulnerability celebrated, encouraged, modeled, shamed or punished in your family of origin? How do you wish it had been treated?
2. How would your life be different if you had trusted in vulnerability earlier in life?
3. What has life taught you about leaps of faith and leaping into the unknown?
4. Are you tired of pretending that you are strong?
5. If asked, would your best friend be able to name your greatest fear? Your greatest failure? Your favorite thing about yourself? If not, is there work for you to do somewhere in that?
6. Has vulnerability gotten easier or harder as you've grown older?
7. What is your favorite failure? i.e., which of your failures ended up leading to unexpected success or to a gift?

8. What's one thing this month that you could do to stop hiding that truth you're so scared to share?
9. Are you good at asking for help?
10. What's your take on the often shared quote, "[Hurt people hurt people](#)"?
11. What's one thing this month you could do to address your fears about financial vulnerability?
12. Has a past betrayal ever left you more protective than you need to be?
13. Which kind of vulnerability scares you the most: Saying "I need help," "This is me," "I'm sorry," "I'm tired," "I disagree," or "I like you."
14. How do you mask your vulnerability? What led to that form of protection? Are you sure it's not doing more harm than good?
15. As you look back over your life so far, what vulnerability story makes you smile?

### **Three Deep Breaths**

#### **Sharing/Deep Listening**

*Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

#### **Reflection and Gratitude**

*This is a time to reflect briefly on something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

#### **Song Ooh Child originally recorded by the Five Stairsteps, performed here by Milck**

<https://www.youtube.com/watch?v=h0K9jxmFMNo>

#### **Extinguishing the Chalice**

The secret of vulnerability is not everyone is meant to know. Practice a sacred withholding. Stop giving all of you away. Cole Arthur Riley