Vulnerability, quotation #1: By asking for help, we can change. Sharing is risky at times, but by becoming vulnerable we are able to grow (Basic Text, “Just for Today”).

Vulnerability, quotation #2: Each time we make ourselves vulnerable and find someone there for us, we come to a new level of safety and trust (Living Clean, Chapter 5, “Fellowship”).

Vulnerability, quotation #3: Honest self-assessment is essential to recovery, but it is only possible if we are vulnerable enough to let someone in (Living Clean, Chapter 6, “Anonymity”).

Vulnerability, quotation #4: When we’ve just shared something excruciatingly painful, and our feelings of vulnerability are so overwhelming that we want to shut down before we hear what our sponsor has to say, we’re at a defining moment in our recovery and we need to choose the courageous path (NA Step Working Guides, Step 5).