



TOOL 3- WE ARE ALL VULNERABLE

Objectives:

- to express authentic experiences through the multiform phenomenology of vulnerability
- to legitimise the manifestation of this feeling within groups
- identify behaviours that make one vulnerable
- look for useful behaviours to manage vulnerability

Duration: the duration of the exercise is variable but it is suggested to dedicate at least one hour to it

Briefing:

The trainer/trainer gives a brief analysis of the concept of vulnerability based on **AGDISTIS Module 1- A Tool for Acceptance: Emotional Resilience** (pag.22).

It is important, during the initial briefing, not to force the students to link vulnerability to the topics of sexual identity and gender, but to leave them free to associate vulnerability with other topics as well, in order to assess and reason together about how much and how sexual diversity is involved in increasing states of vulnerability.

Activity:

1. participants have to complete 4 sentences with the first thing that comes to their mind, in complete sincerity
2. the trainer reads out the following 4 sentences leaving time (15 min.) to complete the answer.

The 4 sentences are:

- I **feel** vulnerable when others ...
- I **realise** that a person is vulnerable if...
- I **handled** my vulnerability when...
- I **did not handle** my vulnerability when...

3. Once the answers have been written down, the participants are divided into groups of 5/6 people and have to analyse the experience by reading out their answers to their peers. Participants should be encouraged to focus on the effect of sharing their feelings and experiences of vulnerability with the group.
4. The trainer invites each group to select, from the answers given, those related to the module topics (sexual orientation, homophobic prejudices, etc.).
5. The trainer collects the sheets with the answers relevant to the topic and divides them into 4 categories (I feel, I notice, I have managed, I have not managed)



6. The trainer analyses the answers without intellectualising. Only in this way will it be possible to increase awareness of the multiform phenomenology of vulnerability without denying the experience of authenticity in those who experience it.

7. Finally, the trainer focuses on the responses related to the management of vulnerability in order to search, together with the participants, for solutions that are useful or re-adaptable to different contexts.



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