



ONLINE COURSE | Mate Matching 201
WEEK 6: SELF REFLECTION

Here are a few questions to ask yourself:

Do I think being vulnerable is a negative or positive trait? Why do I feel this way?

Am I willing and able to articulate my emotions? Do I openly express my feelings in real time whether positive or negative?

Do I currently have at least one person in my life I feel comfortable being vulnerable with? If so, who?
How did I establish that level of trust with them?

