

As children we found ways to protect ourselves from vulnerability, from being hurt, diminished, and disappointed. We put on armor; we used our thoughts, emotions, and behaviors as weapons; and we learned how to make ourselves scarce, even to disappear. Now as adults we realize that to live with courage, purpose, and connection—to be the person whom we long to be—we must again be vulnerable. We must take off the armor, put down the weapons, show up, and let ourselves be seen. 📖