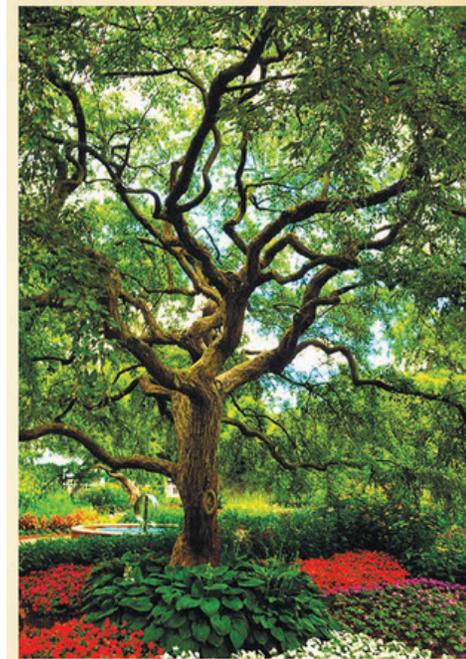


## Creating Support Systems to Conquer Vulnerability

This chapter invites you to explore what vulnerability means for you and how embracing it can help you move forward.

### NOTE FROM AUTHOR

It's important to look at and embrace how vulnerable cancer can make us feel. Vulnerability is synonymous with helplessness, defensiveness, powerlessness, weakness, and feeling susceptible. This vulnerability can weigh on our emotions, making us feel exposed and overwhelmed. However, through these challenges, we often discover a resilience we never knew we had.



Vulnerability shapes us in profound ways. Whether emotional, physical, financial, or spiritual, it challenges us but also opens the door to growth and connection.

**Embracing vulnerability isn't a sign of weakness—it's strength in its purest form.**

Creating Support Systems to  
Conquer Vulnerability

**DISCUSSION**

**Emotional Vulnerability**

Dealing with self-emotional vulnerability isn't always the easiest to understand or relate to. If you're like myself and many women I know with cancer, you're always focusing on taking care of everyone else's needs, often at the expense of your own.

**Physical Vulnerability**

This aspect pertains to our physical vulnerability, as you might find that you can no longer perform the same activities you once did.

**Financial Vulnerability**

Then there's the financial vulnerability- cancer can be expensive. Ask for help; there are so many grants that can be obtained you probably don't even know exist.

**Spiritual Vulnerability**

Finally, there is spiritual vulnerability. There is enormous power in cultivating our spiritual connection, no matter what your religious or spiritual affinity may or not be.



## Creating Support Systems to Conquer Vulnerability

Pause for a moment to contemplate the aspects of your life where you feel the most vulnerable. Take a look at the image below and reflect on the following:



**Emotionally:** Do you struggle with fear, loneliness, or self-doubt?

**Physically:** Are there challenges with energy, strength, or well-being?

**Financially:** Do you feel uncertain about security or stability?

**Spiritually:** Are you seeking meaning, connection, or inner peace?

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**REFLECTION TIME** Now, ask yourself: How can you nurture and strengthen these areas?

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