



VULNERABILITY

The ONE photo challenge

1

Take one photo of yourself. Or, ask a friend to take one.

JUST ONE. No do-overs.

If possible, view the photo on a larger screen, or print it out.

Spend some quiet time reflecting on the image.

2

3

Take out a piece of paper for recording your observations. Start by simply observing physical characteristics that you notice. Tip: Imagine you are describing the photo to someone you are speaking to on the phone who can't see it. (e.g. "My eyes are blue." "My lips curve up a little on the right." "My hair is parted on the side" etc.) As you spend more time with the photo, try to push for more details in your observation (e.g. "I notice several fine lines around my eyes." "On the right side of my head I see hairs that stray out of place", etc.)

Now allow yourself to observe the photo in a more personal way.

What do you think about when you look at the image?

Does it remind you of anything -- or anyone other than yourself?

What mood words might you use to describe what you see?

4

Ask yourself:

5

- What are most you comfortable seeing when you look at your photo?
- What in the photo (if anything) makes you a little uncomfortable?
- If you were told that image would be on the front page of the paper tomorrow, what would your reaction be?

Take it further...invite a partner to work with you.

- Invite someone else complete this exercise with you.
- Ask them to complete steps 1 through 5 above. Then exchange photos with your partner.
- Complete steps 3-5 with each other's photos.
- When you are both done, take turns sharing what you saw in your partner's photo.

"You have to be ready
for whatever comes
out on the other side
of the camera."

- Carla Rodriguez

Did you experience any feelings of vulnerability?

What in this activity might give you a new perspective on being present in a difficult conversation with someone?

If you asked someone else to partner with you, did you find it harder to honor your own vulnerability, or to honor that of someone else?

