



BONUS RESOURCE 2:

MY VULNERABILITY WINDOW™ ASSESSMENT

Answer honestly.

I am most vulnerable when:

- ☐ I am alone
- ☐ I am stressed
- ☐ I am bored
- ☐ I am tired
- ☐ I am angry
- ☐ I am anxious
- ☐ I feel rejected
- ☐ I am scrolling social media
- ☐ I am using my phone late at night
- ☐ I am avoiding responsibilities

My highest-risk hours are:

My most common emotional trigger is:

My most common environmental trigger is:

My strongest protection strategy is:

