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Peer Group Chat

Date: 31/08/23

Title: Vulnerability & Vulnerability Hangovers

Description: Have you ever had the thought 'oh no! What did I just say?' after sharing something personal- that could be a vulnerability hangover. The fear of putting ourselves out there and sharing personally with others may describe the experience of vulnerability or being vulnerable, which can lead to vulnerability hangover. Join us to explore our experiences with vulnerability and vulnerability hangovers, and what we can do about them.

Amber22 (PSW)	Welcome! @brooklyn88:)
Amber22 (PSW)	Welcome! @Catz28
Catz28	Hi
TideisTurning (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Vulnerability & Vulnerability Hangovers.

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brooklyn88	Hello! Got the text box working Amber (I had two windows open, oops. I'm nervous/excited to be here, thanks for creating this container.
Amber22 (PSW)	Yay! So glad you got it working :)
TideisTurning (PSW)	Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of Vulnerability & Vulnerability Hangovers. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to be able to establish when and why we might a vulnerability hangover, and what exactly it is. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about the repercussions and sharing our stories and vulnerability hangovers. @jynx, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @jynx. We're looking forward to creating a space where we can reflect and learn more together about Vulnerability & Vulnerability Hangovers.
TideisTurning (PSW)	Within this group tonight we'll be talking about: Our experiences with vulnerability & vulnerability hangovers The purpose of vulnerability and why we feel vulnerable What might help our experiences of vulnerability hangovers when they occur

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brooklyn88	Sounds good! How long will we be on the chat tonight?
Amber22 (PSW)	The chat will run until 8:30pm :) @brooklyn88, but you're welcome to stay as little or as long as you'd like!
brooklyn88	Ok, thanks
TideisTurning (PSW)	Welcome everyone! We will be starting the discussion shortly and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @TideisTurning
Amber22 (PSW)	Welcome! @Jacques
Jacques	hello ladies, gentlemen and gender neutral peoples.
TideisTurning (PSW)	Q1: What is your idea of vulnerability?
Jacques	vulnerability for me is trusting someone totally with my most inner thoughts and feelings.

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Amber22 (PSW)	Vulnerability to me is being able to be open and honest with how you feel, or share an experience that you have had, with other people. Sharing my opinions, thoughts, feelings or beliefs is also being vulnerable.
brooklyn88	Being truly open in a way that could allow others to judge you, by sharing thoughts and feelings. I feel like I make myself vulnerable ALOT because I'm a fan of Brene Brown's work... but sometimes I'm too transparent or trauma-dumping and I want to work on not being vulnerable straight away, coz it does lead to these hangovers. That's why this chat caught my eye.
Catz28	Sharing things that opens up possibility of being abused or ridiculed
Amber22 (PSW)	So great that you love Brene Brown! @brooklyn88
Amber22 (PSW)	That's true, I think maybe that's why being vulnerable can be scary sometimes too @Catz28
Amber22 (PSW)	Welcome! :) @ch45
TideisTurning (PSW)	That's a good point about not necessarily being too vulnerable too soon @brooklyn88
Amber22 (PSW)	Welcome! @Snowie

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brooklyn88	I've been an open book in the past, trusting straight away and hyper verbal / no filter because of ADHD, but also because I had a core belief that we should all be more open and I was trying to "be the change I wanted to see" persay. After a few recent experiences and on reflection thought, I've started therapy to try and find "the pause" more.
Catz28	Can depend on who are with ie comfort and trust factors
Snowie	for me it is being honest about my thoughts and feelings.
Amber22 (PSW)	Yes definitely, various factors like that could really impact how we feel after we are vulnerable with people (or whether we are vulnerable at all) @Catz28
TideisTurning (PSW)	Q2: Have you ever heard of a vulnerability hangover? What is your idea of what it might be?
Amber22 (PSW)	A vulnerability hangover is a term that refers to the feelings you may feel after sharing something about yourself to others. It may be an unpleasant feeling that leaves you feeling a little bit emotionally drained after being so open and deep with someone else. It was coined by Dr Bren'e Brown (who is fabulous).
Catz28	Sharing something and then after feeling like made wrong decision
brooklyn88	YES! Oh my. After sharing too much in new groups of people... I question myself a lot and feel like I should apologise for presenting/sharing the way I did the day before

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brooklyn88	They often come to me the day after, when I've had time to sleep and process and reflect. Lots of anxiety
Snowie	the feelings you have after you have shared something with someone
Amber22 (PSW)	Yep I get that! I can feel very anxious the day after sharing something because I keep overthinking it, and whether it was the right decision to share it or not after all@brooklyn88
Jacques	i have never heard the term vulnerability hangover, but I'm assuming it has something to do with regrets of trusting someone and that person uses the information against me
brooklyn88	Yes Amber! Exactly
brooklyn88	For me, it's the *thought* that they might... it's stresses me big time. I don't need evidence that they have, it's just the worry of like "why did I say that?"
Amber22 (PSW)	Definitely, it can happen almost instantly, or it can only come on the day or so after which is interesting! @Catz28
brooklyn88	I end up self stigmatising alot
Amber22 (PSW)	What might those feelings be like for you? @SnowieI think it manifests in anxiety a lot for me

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TideisTurning (PSW)	I feel like a vulnerability hangover can be different for different people, just like a hangover might look different for different people
brooklyn88	So true @TideisTurning
Snowie	@Amber22 (PSW) normally anxiety that I have overshared or regret
Catz28	Shared something earlier today with friend who knows some of my past, unintentional I left her stunned. Immediately had that feeling of kicking myself
Amber22 (PSW)	I get that sometimes too, it's almost like 'why did I say that??' @Catz28
brooklyn88	WORD
brooklyn88	I've even gone and apologised for oversharing before to try and "cure" the hangover... and the last time I did the respondent was like "You didn't overshare, its ok" - but my word it's a fear that plagues me, hence why I'm working on being more discerning
Amber22 (PSW)	That's totally valid, I've done that before too, but sometimes the reassurance doesn't work and I still overthink it. It's completely normal to @brooklyn88
brooklyn88	Yeeeeeep
Catz28	My friend has apologised which has left me feeling semi guilty for saying what I said

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TideisTurning (PSW)	Q3: When might you feel vulnerable, or be more likely to experience a vulnerability hangover?
brooklyn88	At times, it depends on where I'm at in my menstrual cycle... or what mood state I'm in. For me, it's often after a day where I've been elevated and therefore shared more because I haven't had the ability to fwd think about consequences
Jacques	mainly for me i feel vulnerable talking about anything about myself, my life has been such a mess for the past 25 years, shame, humiliation, distress, hurt come to mind when i think of my own vulnerability.
Amber22 (PSW)	You may feel more vulnerable or be more likely to experience a vulnerability hangover when sharing things really deep opinions, thoughts, emotions or experiences with others. This may happen more often when you don't tend to be vulnerable with other people often, and so the after effects might be a new experience.
brooklyn88	So the next day it can be like "boom!", questioning everything... and in the past I've been able to seek reassurance from a partner that nothing I did the day before was "crazy"
Snowie	I feel vulnerable when I am in sessions with my psych or pdoc. Scared that I have said too much. Besides them I don't open up to anyone.
Amber22 (PSW)	Aw @Jacques, that's makes you incredibly strong, especially when you do choose to be vulnerable after such a tough time

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TideisTurning (PSW)	I feel like vulnerability hangovers can be more likely the more personal a share feels, the sense of vulnerability too
Catz28	I feel vulnerable when trying to open up and talk about things in my past
Jacques	thank you @Amber22 (PSW)the look of shock on peoples faces when i tell them how i live is really scary to me, as my life is such a blur.
Amber22 (PSW)	Talking about things we've experienced can be really tough @Catz28, it makes me feel very vulnerable too
Jacques	i don't really remember much of the past 23 years, every day has literally been the same, i wake up, mess around on my computer until night and go to sleep. no friends, no life. just misery
Catz28	I usually don't talk about anything in my past as worried other people won't cope. Lots of gaps but wish I didn't remember what I do
TideisTurning (PSW)	It's ok to have things you want to keep private to yourself @Catz28
Amber22 (PSW)	Sending you lots of virtual hugs @Jacques
TideisTurning (PSW)	Q4: Why might we feel vulnerable when we share certain things? And what purpose might vulnerability hold?

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Snowie	@Catz28me too.
Jacques	the fear of rejection, humiliation, hate, etc. vulnerability is similar to anxiety it is a fight/flight response to protect ourselves.
brooklyn88	I think vulnerability and allowing ourselves to be vulnerable, can create spaces for deeper connection
ch45	I go back to @brooklyn88's comment: Being truly open in a way that could allow others to judge you
Amber22 (PSW)	Sharing certain things with others that we don't usually talk about can be very confronting and even a bit scary because we don't know how others will react to what we share. The purpose of vulnerability for me is to be able to share my honest experiences and feel like I can connect with others while doing it, I also find that the support that is gained when being vulnerable can often help me to feel a little bit less alone with what I'm sitting with.
Snowie	for me it is the opening up about my past, that once those gates are open that it will all come flooding out. I really have to trust someone before I tell them anything
Amber22 (PSW)	I think in a way it is really important to be able to know who to trust before sharing things to, so that we can reduce the vulnerability hangover as much as we can @Snowie
Catz28	I think benefit of vulnerability is helps with showing compassion and empathy to others

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TideisTurning (PSW)	Kinda related to what you were saying earlier @brooklyn88, I wonder if vulnerability or a vulnerability hangover might be an invitation to consider the context of sharing- i.e. is the vulnerability/ hangover just because I shared something personal? Or are there other/ extra reasons I feel vulnerable or like I've got a vulnerability hangover right now?
brooklyn88	Totally @TideisTurning (I don't know how everyone is tagging each other :p)
Amber22 (PSW)	You're doing the tagging right - just sometimes it might not work because of the platform we are on, it's a bit hit and miss! @brooklyn88
Amber22 (PSW)	Yes definitely, and maybe being able to get that compassion and empathy from others as well @Catz28
brooklyn88	Thinking back to one instance in particular, I think the main reason I had a vulnerability hangover is because I was completely myself / unmasked, and that included talking about "heavy" things such as politics and race/gender, at a social event
brooklyn88	I just hate small talk though :p #neurospicy
Jynx (Moderator)	@brooklyn88preach!
brooklyn88	Being completely open helps me "find my tribe", but I know I'm definitely not everyone's cup of tea... I have this theory that we should all be talking about money, politics and anything else that's "impolite" to talk about, so that we can get some real change happening here :p

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TideisTurning (PSW)	That sounds like you were incredibly daring & brave in that instance though @brooklyn88
brooklyn88	Thanks for saying so. I feel like people could say that about me every day - daring and brave - but it takes a toll, and hasn't been terribly easy as of late, which is why I'm changing up the way I operate a little.
Amber22 (PSW)	That's understandable, you've got to figure out what works best for you! @brooklyn88
brooklyn88	Oh and mental health, I've often been open about that since my hectic rollercoaster of a journey began. But again, being a little more discerning about who I reach out to for help, and share with. It's a fine line, because I don't want to "armour up" either, as the great Brene Brown would say
Amber22 (PSW)	It is a fine line, you're right, hopefully time will also show you can reach out to and share things with more clearly as well @brooklyn88
Amber22 (PSW)	who you can*
TideisTurning (PSW)	Q5: Why does a vulnerability hangover happen?
brooklyn88	Because our nervous system can't regulate I'd say

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Amber22 (PSW)	Sometimes when we share things that are deep and meaningful to us, with other people, it can be really overwhelming. It might leave us questioning things, feeling exhausted once revisiting an experience, or even just be confronting because we don't often share our thoughts and feelings with others. Maybe even if we share the details with the wrong people it could increase our anxiety around what we did share
Jacques	for me it is when i mistakenly trust someone, every person i have trusted has hurt me.
Snowie	when we feel like we have shared too much with someone
Catz28	Fear of being judged by others
Snowie	I'm sorry that has happened to you @Jacques It is really hard to trust someone when that trust has been broken
TideisTurning (PSW)	Why does a regular hangover happen? I wonder if it has something to do with our body and brain processing the vulnerability that's just happened and releasing it from our system.
Jacques	yes @Snowiei have trusted a few people over my life, everyone of them has hurt me, my partner is the last person i will ever fully trust.

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brooklyn88	Mine happens because I had a traumatic hospital admission where I was told I had bipolar (turns out it's ADHD) and the residual scarring means I question myself as "too high" or "crazy" or "mentally unstable", if I'm being my deep and meaningful self. And also because sometimes I am in filter off mode, majorly. (Working on it)
TideisTurning (PSW)	Q6: What might be the positives of vulnerability?
brooklyn88	Deeper connection, allowing others in to help us, creating a space and culture where others can be vulnerable too
Jacques	positives for me is really my partner, she is the first person to not make fun of me, she supports me and never judges. in a weird way it has brought us closer together as a couple. she values my trust and i value hers. this is the only positive experience i have had.
Amber22 (PSW)	Sharing and being vulnerable might allow us to connect with others more, and gain support when we might need it the most. It can be scary reaching out and being honest about how we are feeling or what we have experienced, but it can also make us feel a lot less alone when we do (as long as you are sharing with a trusted person as well).
Snowie	positive is being more open with people and therefore accepting ourselves as we are
Catz28	Compassion, empathy, insight into how another person might be feeling, greater respect for others people's space
TideisTurning (PSW)	Q7: What might help when you do experience a vulnerability hangover?

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Amber22 (PSW)	Taking it slow and knowing that it's totally normal and okay to feel the way that I am. Doing some self care like reading a book or going for a walk, or even just recharging by myself by watching a movie can often help me when I'm feeling a bit exhausted from sharing something personal with others.
brooklyn88	I'm not very experienced with regulating my own emotions yet (C-PTSD over here) so I often reach out to a loved on / trusted person to help.
brooklyn88	I have been tapping through emotions as of late, and journaling also helps me sort the anxious thoughts that come with a vulnerability hangover
Jacques	for me handling a vulnerability hangover would be cutting all contact with the person involved. i have done this several times. i just move on.
Catz28	I'm still working through trying to regulate my own emotions but thoughts are trying to accept that it's a normal feeling and if has happened due to sharing something that have made right decision to share that info
brooklyn88	It's hard to access in the moment that I'm feeling it, but I guess practising trust with self that it's all going to be ok, no matter the outcome, would be a way I have, and will deal with it
Snowie	taking time out for myself, doing some self care and self soothing, journaling, keeping myself occupied

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brooklyn88	(SO much easier said than done, though)
brooklyn88	Self soothing, yes! That's some great language to use @Snowie
TideisTurning (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 The Power of Vulnerability (Brene' Brown TedTalk): https://www.youtube.com/watch?v=iCvmsMzIF7o</p> <p>2 How to nurse a Vulnerability Hangover: https://www.refinery29.com/en-au/vulnerability-hangover</p> <p>3 Ways to Overcome a Vulnerability Hangover and what it is: https://myquestionlife.com/vulnerability-hangover/</p>
Jacques	i love ted talks @TideisTurning (PSW)i will check this out tomorrow. thank you for the awesome chat tonight, sorry if i shared too much.
Jacques	hugs to everyone, good night.
TideisTurning (PSW)	It's all good @Jacques. We've valued your contributions, as always!

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Jynx (Moderator)	Sounds like you are experiencing a vulnerability hangover @Jacques- be sure to take care of yourself tonight. We're glad you've shared with us
Amber22 (PSW)	Thanks so much for joining us tonight, see you next time! @Jacques:)
TideisTurning (PSW)	Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
Amber22 (PSW)	I've learnt that other people also get anxious after sharing things with others! Sometimes I feel like it's just me!
Snowie	I learnt that we are all vulnerable at different times in our lives. That others agree that sharing with someone involves a lot of trust too.
brooklyn88	I've learnt what it's like to be in one of these chats, and that I'm not the only one who feels this way. (I knew that logically, but it helps to have evidence) Thanks!
Amber22 (PSW)	So glad you came! Feel free to join us next week :) @brooklyn88
Catz28	I've learnt that vulnerability hangover is normal and ok when happens and that taking time out for self care is a good thing

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TideisTurning (PSW)	Q: Tonight's topic may have brought up some heavy feelings as we talked about feeling vulnerable, and experiences of vulnerability and vulnerability hangovers. Would some self-care be helpful for you after we finish? If so, what might you do?
Amber22 (PSW)	A nice hot shower for me tonight :)
Snowie	I am going to go to bed, do some journaling and then hopefully have a peaceful sleep!
Catz28	Drink and time with my pets before early night
TideisTurning (PSW)	Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here: https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Vulnerability-amp-Vulnerability-Hangovers/m-p/1331368#M344341 Keep an eye out for the next Peer Group Chat discussion about Building Trust If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here: https://www.sane.org/peer-support/peer-group-chat You can also ask questions for us to discuss in future peer chats!
Amber22 (PSW)	Thank you for joining tonight everyone! :) Have a lovely night!

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Snowie	Thanks for the topic tonight, goodnight all
Catz28	Thanks for this evening. Night everyone