

VULNERABILITY IS STRENGTH

Some "strong" people are not fully happy because they refuse to reveal any vulnerabilities. They may in certain moments and specific social situations imply "Look, I can be vulnerable too!" This, however, is an unconscious way of asserting personal control, not unlike false humility. They can be vulnerable any time they want.

Genuine vulnerability is different though. You don't choose it. It happens to you and does so when your defenses aren't sufficiently up. Maybe the only way vulnerability can be a choice is to courageously lower these defenses in certain situations.