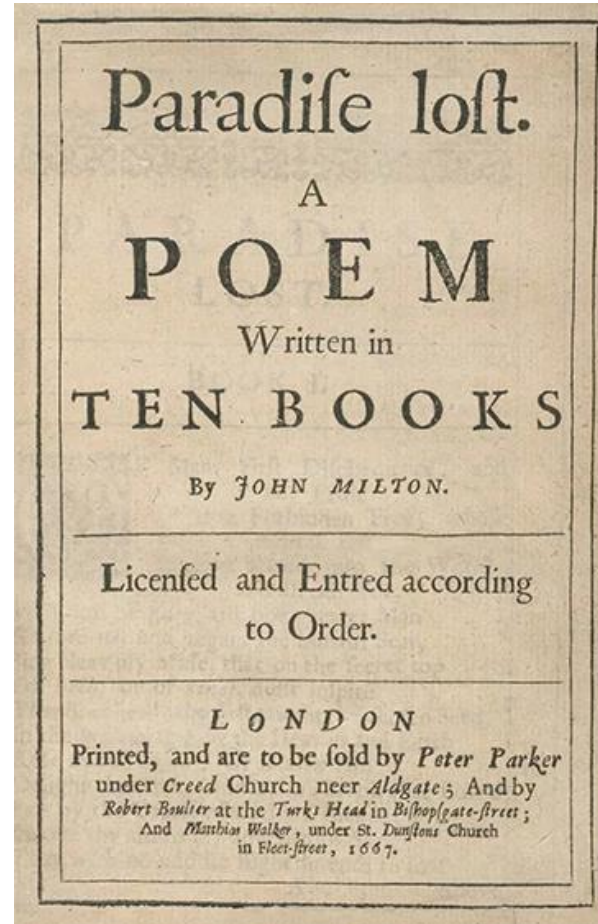


Meaning Conference 2021 Summit Symposium: From Vulnerability to Resilience - Introduction

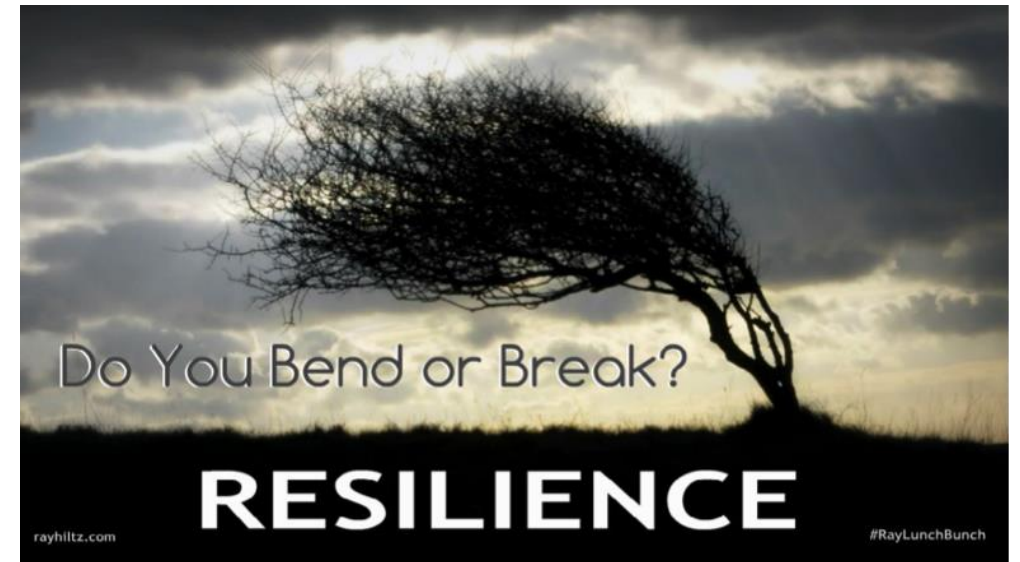
Dr. Paul T. P. Wong, Ph.D., C.Psych

- The human story is one of vulnerability, redemption, and resilience.
- As mortals, we all need a boundary or forbidden fruit to prevent us from crossing an invisible line.
- Disaster strikes when we forget our inherent vulnerability.



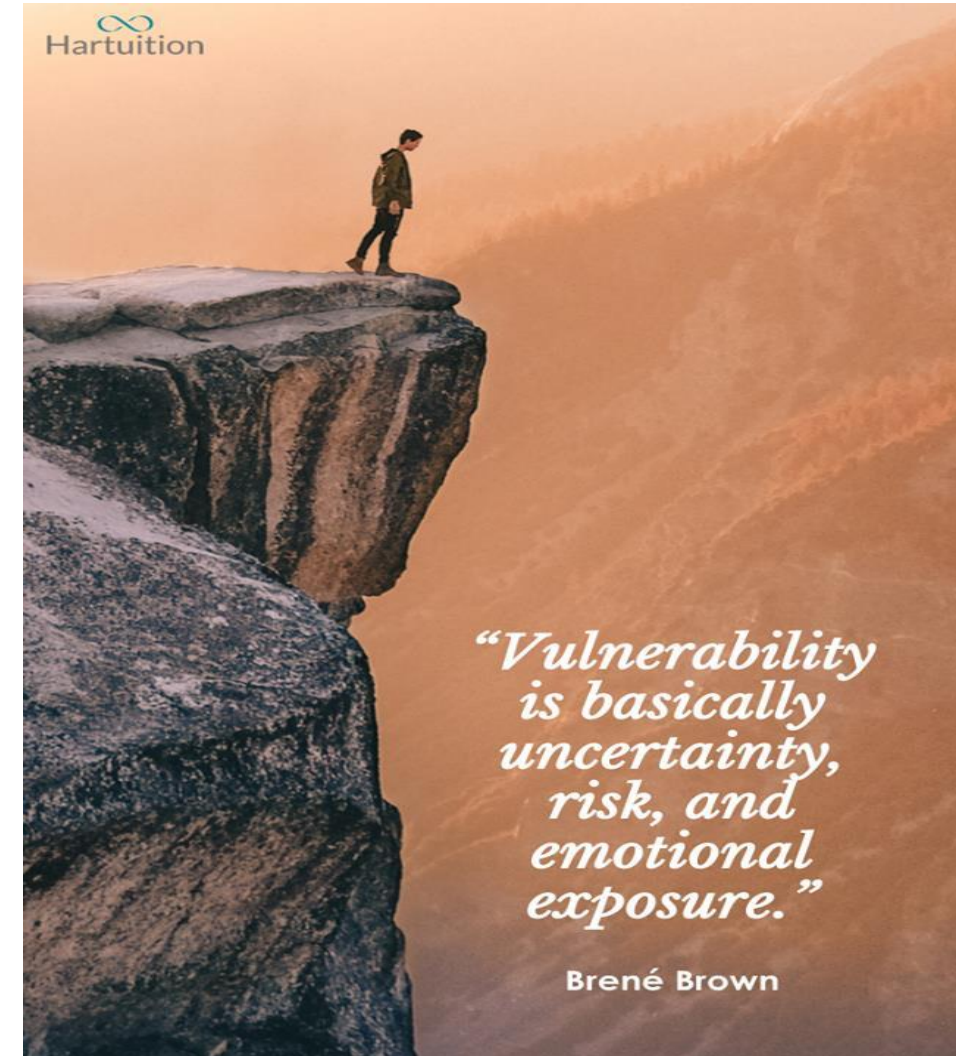
What contributes to resilience?

- This is one of the important themes for a new science of existential positive psychology.
- The pandemic is testing everyone's resilience – it either breaks you or makes you stronger.
- We are proposing the paradoxical view that a sense of vulnerability is essential for our resilience.

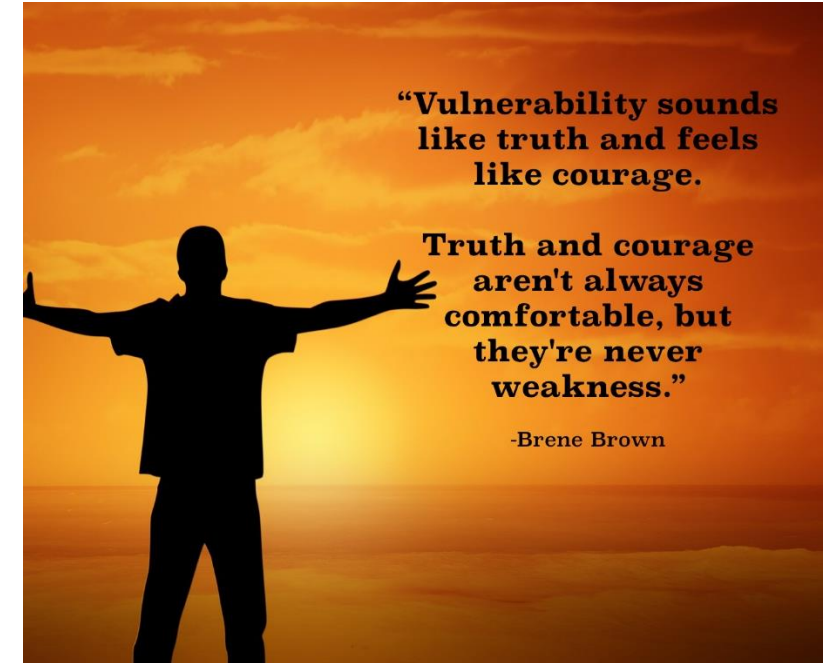


Vulnerability is an existential reality

- No one is immune from vulnerability.
- Death is only a breath away.
- Every action exposes us to the risk of rejection or failure.
- It is often related low self-esteem, maladaptive cognitive reaction, and psychopathology.
- It is often interpreted as a weakness.



- Brené Brown (2012): “Vulnerability is also the birthplace of joy, belonging, creativity, authenticity, and love.”
- My weakness is my strength. It keeps me humble and reminds me of my need for help from others and from God. Thus, faith, hope, and love comes from our vulnerability.
- I’m working on the **Vulnerability Awareness Scale (VAS)** to investigate whether a healthy sense of vulnerability is a better predictor of resilience, mental health, and mature happiness.



- Resilience depends on having sufficient inner and external resources.
- Resilience also depends on effective coping strategies.

◆ Dr. Paul T. P. Wong

