

Handout 5: Vulnerability cards

Having epilepsy	Living in a house with people you choose to be with
Feeling inferior to other people	Having lots of friends
Having a good sense of community/ knowing people in your community	Having a girlfriend/boyfriend/ husband/wife/partner
Unrealistic attitudes from others that you are unable to achieve	Being on medication with unpleasant side effects
Being deaf or having a hearing problem	Being blind or partially sighted
Having a strong family that you can rely on	Having a deprived upbringing
Being physically unwell	Being denied opportunities because it is assumed you will fail

Handout 5: Continued

Having a feeling/sense of worth	Living somewhere that you like
Having suffered abuse	Feeling that you are not as good as other people
Living somewhere peaceful	Having lots of money
Having lots of changes going on in your life, over which you have no control	Being physically disabled
Having a lifetime of negative learning experiences	Being separated from the people you know
Having lots of interesting, stimulating things to do	Having lots of stress within your family
Having a strong family that you can rely on People having a negative attitude towards you	