

**Vulnerability as potential:**

During the Master's I felt like I was on a constant roller coaster, sometimes up, believing that I was on the right track, that what I was doing made sense, and other times down, with doubts, negativity, self-boycott. But there is something that always accompanied me, fear. And this was not a bad thing, on the contrary, it drove me, it made me believe in myself, to bet on myself, and so I did. I bet on myself, scared to death.

It was during this trip that I met Brené Brown, and her talk on the power of vulnerability. And it was this discovery that clicked for me. Not only did I feel afraid, but I felt vulnerable. And hey, how wonderful! In just 20 minutes my concept of vulnerability changed completely, and not only that, but I used it as a method to create. From that moment on I understood vulnerability as courage, as the power to risk for what you believe, what you want and who you are.