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| The Power of Vulnerability – Brené Brown  <https://www.ted.com/talks/brene_brown_the_power_of_vulnerability/c> | |
| What is the main message of this video? That vulnerability is the key to defeating shame and creating space for connections with ourselves and with others. | |
| Questions/Key Ideas  The Importance of connection  Shame is the fear of disconnection  How to beat shame – through vulnerability  We must believe we are worthy of love and belonging in order to defeat shame  Let ourselves be seen.  Practice gratitude.  Know that we are enough to connect with ourselves and others in kinder, gentler ways. | Notes  Shared a story teller story – stories are data with a soul  Shared experience of expanding perception  Lean into the discomfort of the work – social work  Started with connection – it is why we are here. Connection gives purpose and meaning to our lives.  Came across something that unraveled connection – shame  “I’m not good enough.” Investigated shame.  Most important learning: We need a sense of worthiness, of love and belonging.  Investigated why some people had this sense of worthiness. They were whole-hearted. Sense of courage, (tell the story of who you are with your hole heart) compassion (kindness to self and others), connection (because of authenticity)  Vulnerability – embraced this – what makes us vulnerable makes us beautiful. Vulnerability is necessary, to risk  Breakdown- spiritual awakening  Vulnerability is the birthplace of love, joy, creativity, belonging  Why do we struggle with vulnerability: we numb it, we can’t selectively numb emotion, we also numb joy, gratitude, happiness when we try to numb the negative emotions  How? We make the uncertain CERTAIN. We perfect. We pretend. We need to show people that they are worthy of love and protection.  We need to let ourselves be seen. To love with our whole hearts. To practice gratitude and joy. To know that we are enough.  When we know we are enough, we stop screaming and start listening, we are kinder and gentler to the people around us, we are kinder and gentler to ourselves |
| Summary  Brown speaks about human connection – our ability to love, to empathize, to listen to others, to develop meaningful relationships. She states that human connection is dependent on vulnerability. Allowing ourselves to be vulnerable is the foundation of love, a sense of worthiness and belonging. We must risk being vulnerable, we must embrace it. To know that we are enough allows us to stop blaming others and start listening and being kinder and gentler to others and ourselves. | |