

## TED Talk

### Dr. Brené Brown: Listening to shame

<https://www.youtube.com/watch?v=psN1DORYYV0>

**MYTH:** Vulnerability is weakness.

**Vulnerability:** is emotional risk, exposure, uncertainty. It is our most accurate measure of courage! It is the birthplace of innovation, creativity and change.

**Shame:** “The swamp land of the soul.” Shame is the thing that says “You aren’t good enough” and says “Who do you think you are?” The voice we need to silence. The critic that is pointing and laughing is us.

**Shame** isn’t guilt. Shame is the focus on self. Guilt is the focus on behavior. Shame is “I am bad.” Guilt is “I did something bad.”

**Shame** feels the same for men and women but is organized by gender.

- *Women:* it is do it all, do it perfectly and never let them see you sweat. Unattainable, conflicting, competing expectations about who they are supposed to be.
- *Men:* it’s all about not being perceived as weak. When we reach out and be vulnerable we get the @&#\$ beat out of us.

**Research:** When asked “*What do women in this country need to do to conform to female norms?*” Top answers were:

- Nice
- Thin
- Modest
- Use all available resources for appearance

When asked “*What do men in this country need to do to conform to male norms?*” Top answers were:

- Emotional control
- Work is first
- Pursuit of status
- Violence

If we are going to find our way back to each other as genders we are going to need to understand and know empathy. **Empathy** is the antidote to shame.

**Shame** needs three things to thrive and grow:

1. Secrecy
2. Silence
3. Judgment

Two most powerful words when you are in struggle? “Me too.”