

TED Talk

Dr. Brené Brown: The Power of Vulnerability

Dr. Brené Brown is an American scholar, author, and public speaker, who is currently a research professor at the University of Houston Graduate College of Social Work. Over the last twelve years she has been involved in research on a range of topics, including vulnerability, courage, worthiness, and shame. She is the author of two #1 New York Times Bestsellers: The Gifts of Imperfection and Daring Greatly.

Connection. It's why we are here. It gives purpose and meaning to our lives. Shame (The fear of disconnection. Feeling that I'm not good enough) unravels connection.

Her research showed there are two main types of people:

1. Those that have a sense of worthiness (strong sense of love and belonging)
2. Those that struggled for it.

*Only variable that separated the two groups were those that have a strong sense of love and belonging **believe they are worthy of love and belonging**. They are the wholehearted.*

Looking at the people that believed they are worthy, what do they have in common?

- Sense of courage to be imperfect.
- Compassion to be kind to themselves first and then to others. We can't practice compassion with others if we can't treat ourselves kindly.
- They had connection as a result of authenticity. Letting go of who they thought they should be in order to be who they were.
- Fully embraced vulnerability. Believed what made them vulnerable made them beautiful.

Vulnerability is the core of shame and fear and our struggle for worthiness. It's also the birthplace of joy, creativity, empathy, belonging and love!

We live in a vulnerable world. How do we deal with it?

- We numb vulnerability. But...you can't selectively numb just the hard emotions and feelings. When we do so we also numb joy, gratitude and happiness.
- We make everything that is uncertain certain.
- We perfect.
- We pretend that what we do doesn't have an effect on other people.

There is another way!

- Let ourselves be deeply seen.
- Love with our whole hearts.
- Practice gratitude and joy.
- Believe that we are enough.