

“Daring Greatly”

Discussion/Study Material for the podcast from Sunday 03/05/2017

From Brené Brown’s book “Daring Greatly,” page 33-34:

“The perception that vulnerability is weakness is the most widely accepted myth about vulnerability *and* the most dangerous. When we spend our lives pushing away and protecting ourselves from feeling vulnerable or from being perceived as too emotional, we feel contempt when others are less capable or willing to mask feelings, suck it up, and soldier on. We’ve come to the point where, rather than respecting and appreciating the courage and daring behind vulnerability, we let our fear and discomfort become judgment and criticism.”

“Our rejection of vulnerability often stems from our associating it with dark emotions like fear, shame, grief, sadness and disappointment—emotions that we don’t want to discuss, even when they profoundly affect the way we live, love, work and even lead.”

Discussion/Study Questions:

1. What does vulnerability mean to you? Do you see it as positive or a negative?
2. What are positive or useful ways that we might respond to so-called negative emotions in others (such as fear, shame, grief, sadness, etc.)?
3. Why do you think that Brené Brown thinks that vulnerability is a key to “Daring Greatly” and achievement in life?