

# “Scarce Thinking”

Discussion/Study Material for the podcast from Sunday 03/12/2017

From Brené Brown’s book “Daring Greatly,” page 27:

“Worrying about scarcity is our culture’s version of post traumatic stress. It happens when we’ve been through too much and rather than coming together to heal (which requires vulnerability), we’re angry and scared and at each other’s throats. It’s not just the larger culture that’s suffering: I found the same dynamics playing out in family culture, work culture, school culture and community culture. And they all share the same formula of shame, comparison and disengagement.”

Discussion/Study Questions:

1. Why does worry about scarcity put us “at each others’ throats?”
2. What are examples of scarcity-thinking that produces shame, unfair comparison or disengagement?
3. Why is vulnerability (the honest sharing of emotions) a helpful antidote to worry or scarcity-thinking?