

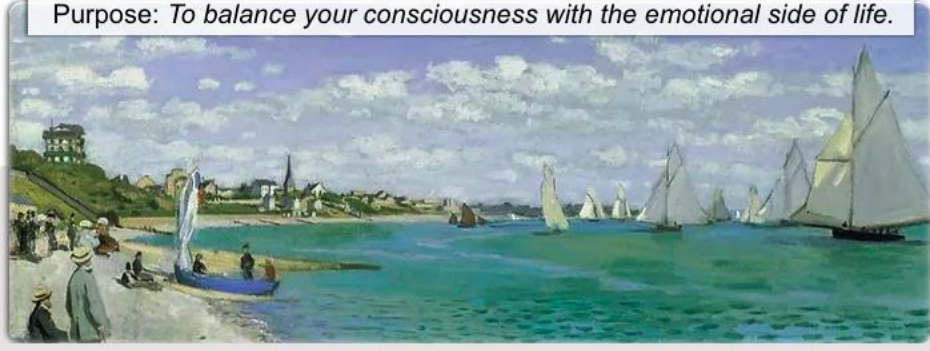


Journey-1 (PoV)

HANDOUT

The Power of Vulnerability
with Brené Brown

Purpose: *To balance your consciousness with the emotional side of life.*



Rev.01

(NOTE: If you print this handout, I suggest you print it in black & white and NOT in color.)



Class Agenda Journey-1

1. Welcome ... (5-min)

Go around the room ... say your name and where you were raised and how long you've lived in Southern Oregon.

2. Quick JourneyBetween web site (10-15 min)

a. Website Structure

i. Main menu (Top Bottom)

ii. Page menu (expand)

iii. Forums

b. Class Guidelines: In-person and Solo

c. Journey Extras

i. Who is Ronnie K

ii. Moments of Awareness

3. JourneyBetween Extras (10-15 min)

a. Action Words to Practice

b. Often Asked Questions

c. Thoughts about the Soul

d. *Questions to Ask Yourself

4. Journey Home Page (10-15 min)

a. My 2-cents worth

b. What are these Discussion Classes About

c. Class Roadmap

d. Recent News

e. Message Center



6. Journey-1 *Power of Vulnerability (PoV) (65-80 min)*
 - a. Purpose: *To balance your consciousness with the emotional side of life.*
 - b. About PoV video clips
 - c. Who is Brene Brown

7. Journey-1 Video Clips from Ted Talk 2011
 - a. Connection (0:54)
 - b. Shame (2:10)
 - c. Worthiness (1:16)
 - d. Wholehearted (2:05)
 - e. Embracing Vulnerability (2:04)
 - f. Numbing Vulnerability (2:38)
 - g. Why We Numb It (0:59)
 - h. Perfection (1:38)
 - i. Are We Enough (1:19)

8. Open Class Discussion

9. Intro to Next Week – Morning and Evening of Life (The Shift)



About the "*Power of Vulnerability*" Video Clips

In this class, we will be watching 9 video clips from the TED Talk, "*Power of Vulnerability*" by Dr. Brené Brown. These clips share what she found from her years of research on "human connection" ... our ability to empathize, belong, and love.

In this poignant, funny talk, she shares a deep insight from her well-documented research that sent her on a personal quest to not only understand herself ... but to understand the reality of how human connection itself works.

Who is Brené Brown?

- Born 1965
- She is a professor at the Univ of Houston ... and has her Master's Degree in Social Work and her Doctorate in Philosophy.
- She considers herself a researcher and storyteller who's spent her career studying courage, vulnerability, shame, and empathy.
- Authored multiple books including five New York Times best-sellers.
- Her TED talk is one of the top five most-viewed TED Talks in the world.





Sharing *"The Power of Vulnerability" Video Clip Thoughts*

Each video clip is around 1 to 2 minutes long. After each clip, we will discuss what the clip meant to you ... with no right or wrong answers.

I ENCOURAGE all Journey participants to SHARE their inner thoughts with the Journey Community by posting them in the appropriate JOURNEY FORUM. To begin a forum post, click the Forum Button at the bottom of the Page Menu.

And please take the opportunity to both read and/or comment on exiting forum posts by other Community members as well.



JourneyBetween Your Heart and Soul

Classes in Spiritual Transformation

with Journey Guide Ronnie K

"Conversations in the Mystery"

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Clip #1 Connection (0:54)

Definition: connected with others in kinship, professional, spiritual or emotional ways

Take-aways from Clip #1 - Connection

Ronnie's thoughts:

- Connection is why we are here.
- Connection gives purpose and meaning to life.
- It is how we are wired.



Clip #2 Shame (2:10)

Definition: the painful feeling arising from the consciousness of something dishonorable, improper, ridiculous, etc., done by oneself or another

Take-aways from Clip #2 - Shame

Ronnie's takeaways:

- When people were asked about Love ... they talked about heartache.
- When people were asked about belonging ... they spoke of the pain of being excluded.
- When people were asked about Connection ... they spoke of disconnection.
- Why did they feel this way? ... they felt shame and fear.





Clip #3 Worthiness (1:16)

Definition: the fact or quality of having great or adequate merit, character, or value

Group Wisdom Circle on Clip #3 - Worthiness

Ronnie's takeaways:

- People who have a strong sense of love and belonging feel they are worthy of love and belonging.
- What keeps people out of connection is fear they are not worthy of love and belonging.



Clip #4 Wholehearted (2:05)

Definition: completely and sincerely devoted, determined, or enthusiastic soul marked by complete earnest commitment

Group Wisdom Circle on Clip #4 - Wholehearted

Ronnie's takeaways:

- Courage to be imperfect.
- Compassion to be kind to themselves first.
- Connect to others as a result of authenticity.
- They are willing to let go of who they thought they should be.





Clip #5 Embracing Vulnerability (2:04)

Considerations:

1. Embracing emotional vulnerability and taking emotional risks can lead to personal growth.
2. Letting your guard down and being fully yourself builds self-acceptance and self-esteem, enhances relationships, and improves quality of life.
3. Being emotionally vulnerable is a skill you can practice.

Group Wisdom Circle on Clip #5 - Embracing Vulnerability

Ronnie's takeaways:

- Those who embraced vulnerability felt what made them vulnerable, made them beautiful.
- Willingness to say "I love you" first.



Clip #6 Numbing Vulnerability (2:38)

Group Wisdom Circle on Clip #6 - Numbing Vulnerability

Ronnie's takeaways:

1. We struggle with vulnerability and how do we handle it.
2. We numb vulnerability and our emotions.
3. We try to make uncertainty certain.
4. We blame others and external events.
5. We can't selectively numb emotions





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Clip #7 Why We Numb Vulnerability (0:59)

Group Wisdom Circle on Clip #7 - Why We Numb Vulnerability

Ronnie's takeaways:

1. A need to make everything certain.
2. Blame is a way to discharge pain and discomfort.



Clip #8 Perfection (1:38)

Definition: the quality or state of being perfect such as freedom from fault or defect; also the quality or state of being saintly

Group Wisdom Circle on Clip #8 - Perfection

Ronnie's takeaways:

1. We want to perfect our children ...
Let our children know that they are worthy of love and belonging.
2. We pretend that what we do, does not have an impact on others.
3. Be able to say "Sorry"





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Clip #9 We Are Enough (1:19)

Definition: sufficient to meet a need or satisfy a desire

Group Wisdom Circle on Clip #9 - We Are Enough

Ronnie's takeaways:

1. Let yourself be deeply seen.
2. Love with our whole heart with no guarantee.
3. Practice gratitude and joy.
4. To feel vulnerable means you are alive.
5. *"I am enough!"*





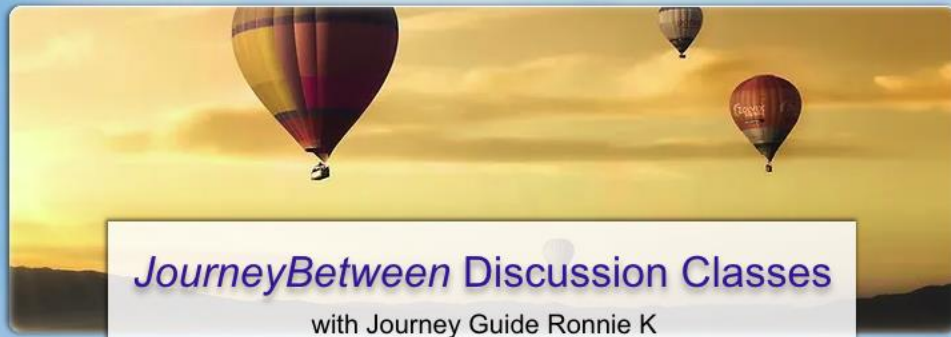
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JourneyBetween Discussion Classes

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The first step
to getting
what you want
is having
the courage
to get rid of
what you don't.