TED-Talk from Brene Brown
„THE POWER OF VULNERABILITY"

What is Connection?

„The ability to **feel connected** *is neurobiologically how we are* **wired. Thats why were here."**

Connection is that what gets <u>purpose</u> und <u>meaning</u> to our lives.

What is Shame?

„When you ask people about love, they tell you about heartbreak."

„Ask people of belonging, they tell you the most excruciating expiriances of beeing excludet"

„And when you ask people of **connection** *they tell you storys of disconnection".*

– After 6 weeks of research it tourned out what this is about: **shame.**

What is Shame? Shame is a fear of <u>disconnection</u>.
Shame is when other people know or see things, that I think I won't be worthy of connection.
Its universal: Only people who have no capacity for human empathie don't experiance shame.

„No once want's to talk about shame, and unless you talk about, the more you have."

Shame is the the feeling *„I'm not good enough, smart enough, beautyfull enoguh, promoted enough"*

What underpin this **shame is excruciating vulnerability**.

Worthieness

One variable, that seperate the people who think they are worthy enough and the people who are always struggling with toughts like *„I'm not good enough"*: **They believe there where worthy. That's it.**

„The part who keeps us out of **connection** *is the* **fear** *that we're not* **worthy of connection."**

What is Vulnerability?

Vulnerability is the core of shame, and fear and the struggle of worthyness,

but it appears that is also the birthplace of joy, creativity, belonging and love.

What does the people who feel worthy have on common?

"*People, who have a strong sense of love and belonging, believe they are worthy.*"

What these wholehearted people who feel worthy have is...
- a sense of **courage** – the courage to be imperfect.
  (courage (lat. = heart) is to tell who you are with your whole heart.)
- the **compassion** to be kind to themselves first an then to others
  (because as it turnes out, we cant practice compassion with other people if we can't treat ourselves kindly)
- they had **connection** as a result of authenticity
  (they were willing to let go of „who they tought they should be" in order to „be who they were")
- they fully embraced **vulnerability**
  (they believed, that what made them vulnerable made them beautifull. They didn't talk about vulnerability being comfortable, nor did they talk about being excruciating, the see vulnerability as something necessary. They talked about the willingness to say „I love you first" or to do something there no garanties, the willingness tho invest in a relationship that may or may not work out)

Why do we struggle so much with vulnerability?

- **we numb** (but you can not selectively numb emotions. If you decide to "switch off" the negative ones, the positive feelings get numbed as well)
- **we make the uncertian certain** (example: religion has gone from *„a belief in faith in mystery"* to *„certainly I'm right you're wrong",* like in politics and everywhere...)
- **we perfect** („our job is not to say we're perfect, its to say, okay we're not perfect, but we are worthy of love and belonging")
- **we pretend** that we have no impact (to other people and ourselves)

The other way we can do it:

- **let ourselves be seen** (deeply and vulnerable)
- **love with our hole hearts** (even there is no guarantee)
- **practice gratitude and joy** (in those moments that are kinda terror and we wonder if we can love this much, or believe passionately)
- **believe were enough** (from this place we stop screaming and start listening and are kinder and gently to ourselves an to others)

The lesson is clear:

Connection is about courage, compassion, and vulnerability.

Connection is only possible if you allow people to **see you**, if you are authentic.
To be **authentic** you have to be **vulnerable**.
Vulnerability is not a weakness – it's the most accurate measurement of **courage**.