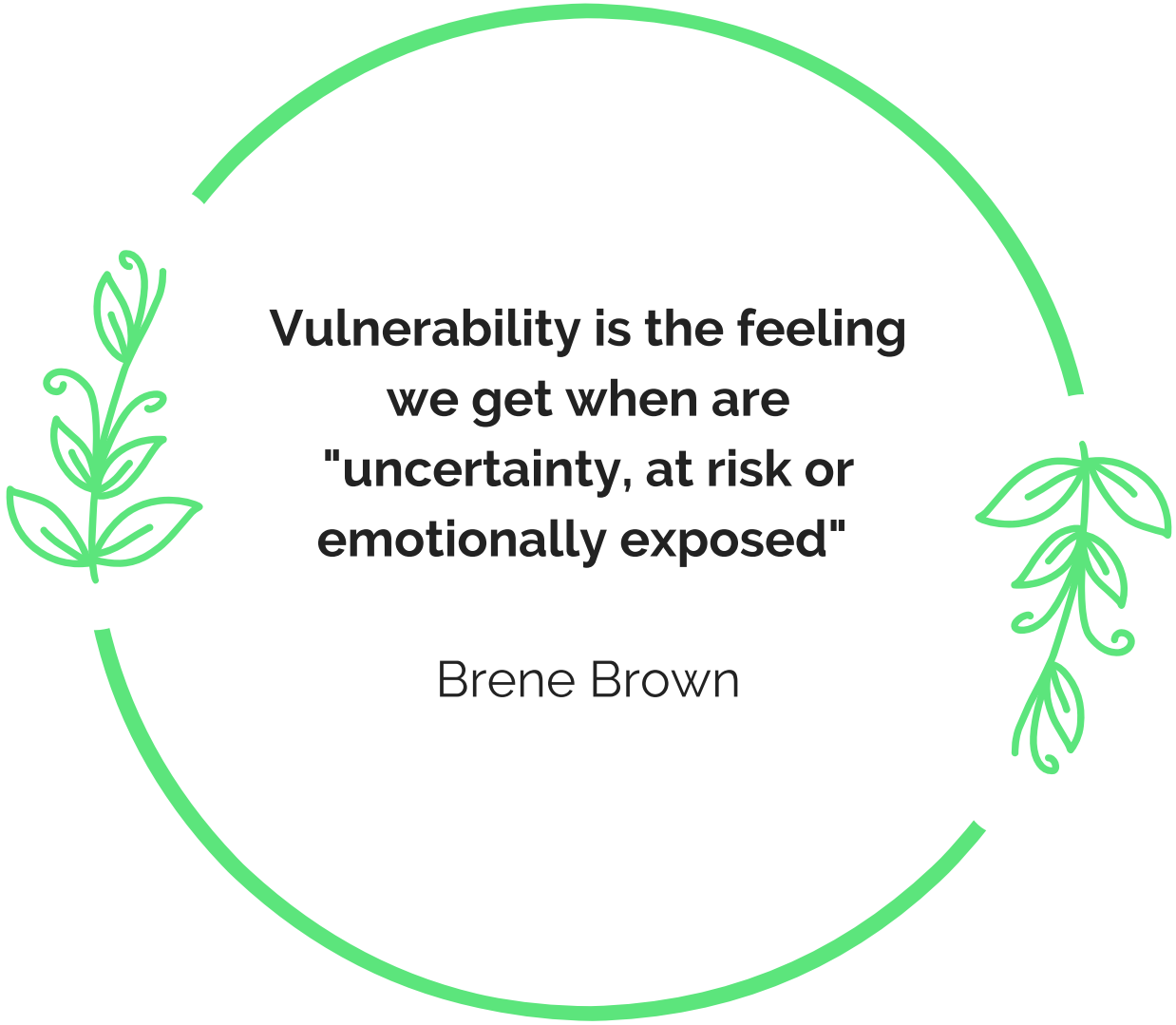




Presented by BU Happiness College

# **Vulnerability: The Myths & Facts**

[www.buhappinesscollege.com](http://www.buhappinesscollege.com)



**Vulnerability is the feeling  
we get when we are  
"uncertainty, at risk or  
emotionally exposed"**

Brene Brown



# Initial Beliefs Around Vulnerability

Answer the following questions about  
vulnerability:

**What do you think vulnerability is:**

**Meaning/Beliefs about vulnerability:**

**How does it make you feel (Include physically):**



# Myths vs Facts

In her new book, *Daring Greatly*, Brené Brown describes vulnerability as "uncertainty, risk, and emotional exposure." It's that unstable feeling we get when we step out of our comfort zone or do something that forces us to loosen control.

**Myth #1**

**Fact:**

**Myth #2**

**Fact:**

**Myth #3**

**Fact:**

**Myth #4**

**Fact:**

# Vulnerability Reframes

**Risk/danger**



**A Measure of Courage,  
Strength, Resilience & Bravery**



**Exposure**



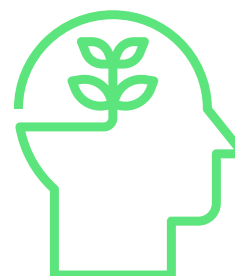
**A doorway to Meaningful  
Connection in Relationships**



**Uncertainty**



**Personal Development,  
Growth & Learning**





# Moving Forward With Vulnerability

Answer the following questions around vulnerability:

**What new meaning & beliefs might you like to bring to vulnerability moving forward & why:**

**What might a life with vulnerability look and feel like to you moving forward:**

**1 - 3 reminders you can tell yourself about vulnerability:**



## Finishing Thoughts:

Social workers, Professional help givers

Asking for help from anybody - majority people are not comfortable with.

When you cannot ask for help without self judgement, you are never really offering help without judgement.

because you have attached judgement to asking for help

When worth comes from helping others, every time I was helping you, I was judging you

When you extract worthiness from helping others - that's judgement

but when you help without attaching worthiness - that's connection :)

**Brene Brown**  
**Daring Greatly**

## Workshop Recommendations:

- Moving through shame & guilt
- Practicing Forgiveness
- Sitting With Sadness
- 3 keys to meaningful connection
- Encountering Anger



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

What did you learn?

What did you notice going on for you?

What are you going to apply?



# References

## Books:

**Braving the wilderness - Brene Brown**

**Atlas of the heart - Brene Brown**

**Daring greatly - Brene Brown**

## Ted Talk:

**[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability?language=en](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en)**

## Podcast:

**<https://open.spotify.com/episode/0EAq3OPec0Ln05zcv3Xv2S?si=ws-Jbi3HS--usy6pwwDmoQ>**