

Brené Brown at TED

The Power of Vulnerability

Dr. Brené Brown is a researcher professor at the University of Houston, Graduate College of Social Work, where she has spent the past ten years studying a concept that she calls Wholeheartedness, posing the questions: How do we engage in our lives from a place of authenticity and worthiness? How do we cultivate the courage, compassion, and connection that we need to embrace our imperfections and to recognize that we are enough -- that we are worthy of love, belonging and joy?

Listen to the talk and decide if the sentences below are *true* or *false*, use the glossary to help you.

<https://www.youtube.com/watch?v=iCvmsMzIE7o>

1. Dr. Brene Brown has a Master's Degree in Psychology.
2. She believes connections give people purpose in life.
3. Shame is understood as the fear of disconnection.
4. Few people experience shame.
5. People who have a strong sense of love and belonging **believe** that they are worthy of love and belonging.
6. The courage to be imperfect helps people to form connections.
7. If you treat yourself kindly, you are unable to treat others kindly.
8. It is important to accept vulnerability.
9. You can numb bad emotions and feel only positive emotions.
10. Parents' job is to make children believe that they are perfect.

GLOSSARY

FLYER – ULOTKA

STRUGGLE – BORYKAĆ SIĘ, WALCZYĆ

RESEARCHER – PRACOWNIK NAUKOWY

PERCEPTION – POSTRZEGANIE, PERCEPCJA

MEASURE – MIERZYĆ

OPPORTUNITY FOR GROWTH – MOŻLIWOŚĆ
POPRAWY/ROZWOJU

A SENSE BELONGING – POCZUCIE PRZYNALEŻNOŚCI

EXCRUCIATING – BOLESNY, ROZDZIERAJĄCY

TO BE EXCLUDED – BYĆ WYKLUCZONYM

UNRAVEL - ROZWIKŁAĆ, UJAWNIĆ

TO BE WORTH – BYĆ GODNYM

CAPACITY - ZDOLNOŚĆ

UNDERPIN – PODPIERAĆ

VULNERABILITY - BEZBRONNOŚĆ, WRAŻLIWOŚĆ,
BYCIE NARAŻONYM

MEASURING STICK - LINIJKA

TO OUTSMART – PRZECZYTRZYĆ

TO BOIL DOWN TO – SPROWADZAĆ SIĘ DO CZEGOŚ,

WORTHINESS – POCZUCIE WARTOŚCI

VARIABLE – ZMIENNA

WHOLEHEARTED – SZCZERY, SERDECZNY,
NIEKŁAMANY

COURAGE – ODWAGA

COMPASSION – WSPÓŁCZUCIE

ALLEGIANCE – WIerność

AWAKENING – PRZEBUDZENIE

CORE – SEDNO

SURRENDER – PODDAĆ SIĘ

NUMB – PRZYĆMIĆ, PARALIŻOWAĆ

EVIDENCE – DOWÓD

GRATITUDE – WDZIĘCZNOŚĆ

DISCHARGE – ROZŁADOWAĆ, WYŁADOWAĆ

HARDWIRED - ZAPROGRAMOWANY

References:

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

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