

# Worksheet on Brene Brown's Ted Talk 'Listening to Shame'

You might feel like you are back in high school with the fill in the blank style 😊, but I hope it will help you review and serve as a reference point going forward. Note that you can click on 'transcript' and get the transcript of the talk when you go to the YouTube link.

Please listen to Brene' Brown's 2012 Ted Talk Listening to Shame

[http://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame](http://www.ted.com/talks/brene_brown_listening_to_shame)

Vulnerability is not W\_\_\_\_\_

Vulnerability is emotional risk, exposure, uncertainty and it fuels our daily lives.

Vulnerability is our most accurate measurement of \_\_\_\_\_

Did you notice Carl Jung (Jungian analyst) called shame the "swampland of the soul".

Brene uses the man in the arena quote from Roosevelt – is there an arena you are hesitant to enter?

Where are you experiencing yourself 'in the arena right now?'

---

---

---

---

Shame drive 2 big tapes – (13:29 minutes into her talk)

Never \_\_\_\_\_ and "who do you think you are"?

Shame is a focus on self, guilt is a focus on \_\_\_\_\_.

Guilt says "I \_\_\_\_ something bad". Shame says "I \_\_\_\_\_ bad".

"Shame is highly, highly correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders.

"Guilt is *inversely* correlated with all those things" The ability to hold something we've done up against who we want to be is adaptive". In what way does this give you hope?

---

---

---

---

# Worksheet on Bene Brown's Ted Talk 'Listening to Shame'

Brene talks about shame being organized by gender.

For women shame often manifests in 3 ways

1. Do it \_\_\_\_\_
2. Do it \_\_\_\_\_
3. Never let them \_\_\_\_\_

For men shame often manifests in this way:

1. Do not be \_\_\_\_\_

For men to meet the cultural norm there are these expectations:

1. Emotional \_\_\_\_\_
2. Primacy at \_\_\_\_\_
3. Pursuit of \_\_\_\_\_
4. \_\_\_\_\_

Keep filling in the blanks! 😊

\_\_\_\_\_ is the antidote to shame.

Shame needs 3 things to grow exponentially:

1. Secrecy
2. Silence
3. J \_\_\_\_\_

Two most powerful words to counter shame:

\_\_\_\_\_

Please take some time to think about your own life, and then those you care about – how can this awareness about shame help you heal, and help in healing your relationships?