

Let Yourself Be Seen

Researcher and author, Dr. Brené Brown defines vulnerability as uncertainty, risk, and emotional exposure.

1. All of us need to be connected with other people who really know and accept us. Some people feel that if others really knew them, they would be rejected. Do you think this is a common fear? Can you tell a story about this?
2. Other people feel that they are worthy of love and do not try to hide their imperfections. How could this attitude of worthiness help a person make honest connections with others? Is there a risk in being vulnerable with others about our weaknesses? What is the risk?
3. Brené Brown says people are usually reluctant to share their true selves with others. They are afraid that if others see their dark emotions like fear, shame, grief, sadness, and disappointment they will end up alone. Yet, Brown insists, if you numb grief, if you don't admit to the dark emotions, you also numb joy. Do you agree with this thought? How do people face negative emotions in their life?
4. The title of the painting, *Orphan Girl at the Cemetery*, gives us a clue that the young woman is in a vulnerable position. Describe the uncertainty she may be facing. What situations in life bring risk, both physically and emotionally? What kinds of attitudes help people through such times? Draw a picture that shows uncertainty or risk.



Eugene Delacroix. Orphan Girl at the Cemetery, c. 1823-1824. Oil on canvas, 66 x 54 cm. Musee du Louvre, Paris.

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