

Let Yourself Be Seen

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

1. One basic human need is to find connection with other people, to be accepted by people who really know 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 even though they are imperfect. How could this attitude of worthiness help a person make honest connections with others? Is there a risk in being vulnerable with others? What is the risk?
3. Our tendency is to cover up our faults. The Psalmist found confessing his sins to God brought him freedom from guilt, as expressed in Psalm 32:5. James 5 says, “Confess your sins one to another, and pray for one another, that you may be healed.” Why do you think a person may find healing in confessing or naming one’s weakness or guilt to another person or God?
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 of 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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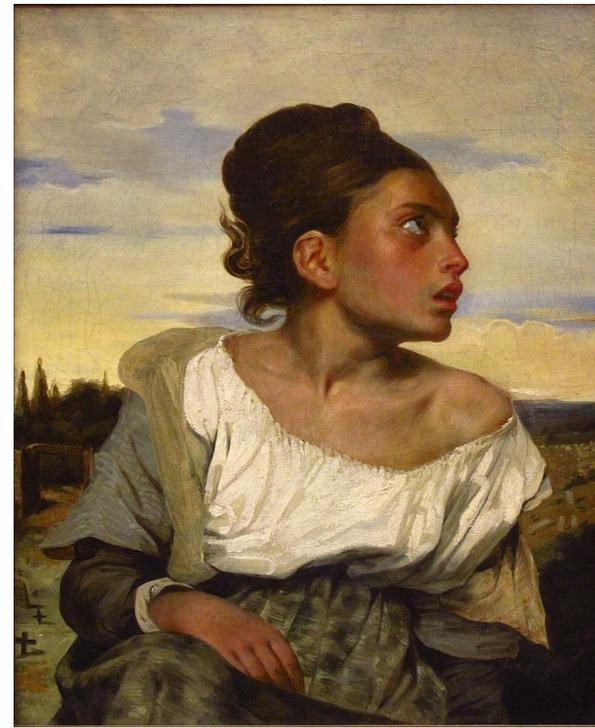
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