Rising Strong

“It’s not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly... who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly.”

–Theodore Roosevelt

Physics of Vulnerability

1. If we are brave enough, often enough, we will fall; this is the physics of vulnerability.
2. Once we fall in the service of being brave, we can never go back.
3. The journey belongs to no one but you; however, no one successfully goes it alone.
4. We are wired for story.
5. Creativity embeds knowledge so that it can become practice. We move what we’re learning from our head to our hearts through our hands.
6. Rising strong is the same process whether you’re navigating personal or professional struggles.
7. Comparative suffering is a function of fear and scarcity.
8. You can’t engineer and emotional, vulnerable, and courageous process into an easy, one-size-fits-all-formula.
9. Courage is contagious.
10. Rising strong is a spiritual practice.

“Grace will take you to places hustling can’t.” –Liz Gilbert

“There are no guarantees in the arena. We will struggle. We will even fail. There will be darkness. But if we are clear about the values that guide us in our efforts to show up and be seen, we will always be able to find the light. We will know what it means to live brave.” Brené Brown
Getting Emotionally Hooked:

<table>
<thead>
<tr>
<th>The Experience</th>
<th>Affect</th>
<th>Cognition</th>
<th>Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>When I experience:</td>
<td>I’m feeling: How is my body responding?</td>
<td>I’m thinking: Is a thought constantly looping in my mind?</td>
<td>I do/I act: That’s the first thing I want to do?</td>
</tr>
<tr>
<td></td>
<td>Where am I physically feeling this?</td>
<td>What is my go-to thought process?</td>
<td>What’s the only thing I want to do?</td>
</tr>
</tbody>
</table>

The Reckoning:

1. What was your fall or “face down” in the arena moment?

2. How did you know you were emotionally hooked?

3. What emotions/experiences are you willing to get curious about?

4. What permissions do you need to give yourself?

“When we deny our stories, they define us; when we own our stories, we get to write the ending.” Brené Brown
Offloading Hurt: Barriers to Reckoning with Emotion

Chandeliering:
- The hurt is so far packed down that it can't possibly resurface
- A seemingly innocent comment sends me into a rage or sparks a crying fit
- A small mistake triggers a huge shame attack
- Constructive feedback hits a tender place and I jump out of my skin

Bouncing Hurt:
- Using anger, blame and/or avoidance when getting too close to an emotion.
- Anger: Easier to get mad or turn to “I don’t give a dam” than to say, “I’m hurt.”
- Blame: Fault-finding, making excuses, inflicting payback, lashing out as self-protection
- Avoidance: “I’m fine- no worries: or pretending it doesn’t matter or “whatever.”

Numbing:
- I can take the edge off of emotional pain with: ___________
  (Examples include alcohol, drugs, food, sex, relationships, money, work, caretaking, gambling, affairs, religion, chaos, shopping, planning, perfectionism, constant change, the Internet, and the list goes on (and on).

Stockpiling:
- Firmly packing down the pain
- I just continue to build up hurt until the wisest part of me, my body decide that enough is enough.
- Body’s message is always clear: shut down the stockpiling or I’ll shut you down.
- The body wins every time

High Centered
- I can’t move forward and I can’t move back
- If I recognize my hurt or fear or anger, I’ll get stuck.
- Once I engage even a little, I won’t be able to move backward and pretend that it doesn’t matter, but moving forward might open a floodgate of emotion that I can’t control. I’ll be stuck.
• What if I recognize that emotion and it dislodges something and I can’t maintain control?

The Umbridge
• (When the light and dark aren’t integrated)
• I’m overly sweet and accommodating when I feel resentful, hurt, frustrated, etc.
• I say yes when I mean no
• Sometimes my niceness is inauthentic and I can feel like a ticking bomb.

How have I been offloading hurt?

Am I willing/ready to get curious?

Writing a SFD:

“We can’t get to a brave new ending if we start from an inauthentic place.” Brené Brown

The story I am making up? Or the story I told myself?

SFD Checklist:
  o Honest
  o Unedited
  o Unfiltered
  o Possibly Un sharable

Rumbling With Curiosity:
  (Writing prompts)

1. What more do I need to learn and understand about the situation?
   a. What facts do I know?
b. What assumptions am I making?

2. What more do I need to learn and understand about the other people in the story?
   a. What additional information do I need?
   b. What questions or clarifications might help?

3. (Now we get to the more difficult questions— the ones that take courage and practice to answer) What more do I need to learn and understand about myself?
   a. What’s underneath my response?
   b. What am I really feeling?
   c. What part did I play?

Rumbling with Vulnerability

The Definition of Vulnerability: Vulnerability is uncertainty, risk, and emotional exposure

The Myths of Vulnerability:

Myth #1: Vulnerability is weakness. Vulnerability is actually courage.

Myth #2: I can opt out of vulnerability. To be alive is to be vulnerable. Vulnerability is uncertainty, risk and emotional exposure. You can’t avoid these because it is how we are built.

Myth #3: Vulnerability is over sharing. Over sharing often disconnects or connects superficially. Vulnerability is about sharing with the intention to connect. It is about trust, intimacy, and connection.
Myth #4: I can go it alone. We romanticize the idea that we can do vulnerability alone. The point is to connect.

The Two Paradoxes of Vulnerability:
1. Vulnerability looks like courage in you, but feels like weakness in me.
2. Vulnerability is the first thin I look for when I meet you, but the last thing I want to show you.

Writing Prompts:

Vulnerability is...

Vulnerability feels like...

I grew up believing that vulnerability was...

Think about the last time you did something brave. What role did vulnerability play?

How does vulnerability show up in your Rising Strong Story?

Rumbling with Shame

**Definition:** Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.

**Shame Messages:**
Not good enough
Who do you think you are?

**Shame:** “I am bad.” Focus on self, not behavior, with the result that we feel alone. Shame is never known to lead us toward positive change.

**Guilt:** “I did something bad.” Focus on behavior. Guilt has the potential to motivate us toward positive change.
Humiliation: The variable that differentiates humiliation is whether it is deserving. “Did I deserve this?”

Embarrassment: Fleeting, often funny. I know I am not alone.

My physical symptoms of shame include:

Rumbling with Living Big:
Do you believe that people are doing the best they can? Why or Why not?

What specifically drives your judgment?

What would it mean for you (not them) if they were doing the best they can?

My Brave New Story: What are the key learnings?

Failure is an imperfect word. Once I know the key learning’s, it is no longer a failure. -BB

We Are the Brave and Brokenhearted:

There is no greater threat to the critics and cynics and fear mongers Than those of us who are willing to fall Because we have learned how to rise

With skinned knees and bruised hearts; We choose owning our stories of struggle Over hiding, over hustling, over pretending.

When we deny our stories, they define us. When we run from struggle, we are never free. So we turn toward truth and look it in the eye.

We will not be characters in our stories. Not villains, not victims, not even heroes.
We are the authors of our lives.  
We write our own daring endings.

We craft love from heartbreak,  
Compassion from shame,  
Grace from disappointment,  
Courage from failure.

Showing up is our power.  
Story is our way home.  
Truth is our song.  
We are the brave and brokenhearted.  
We are rising strong.

Link: https://vimeo.com/135475648
SESSION 2 EXERCISE: VALUES CLARIFICATION
Adapted from an exercise created by Susan Mann, Senior Faculty member of The Daring Way™.

“A value is a way of being or believing that you hold most important.”

– Brené Brown

Circle the words on the list that most resonate with you. Look for the words that you consider most important and essential to who you are.

1. Reflect on the words you circled.
2. List what behaviors support these values.
3. Who supports your efforts to put your values into practice?
4. What do these values generate in your life?

Be creative! Don’t feel limited by the sample list provided. Add new words for anything that’s important to you but not on the list.
# LIST OF VALUES

<table>
<thead>
<tr>
<th>Accountability</th>
<th>Generosity</th>
<th>Recognition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achievement</td>
<td>Giving back</td>
<td>Reliability</td>
</tr>
<tr>
<td>Adaptability</td>
<td>Grace</td>
<td>Respect</td>
</tr>
<tr>
<td>Adventure</td>
<td>Gratitude</td>
<td>Resourcefulness</td>
</tr>
<tr>
<td>Altruism</td>
<td>Growth</td>
<td>Responsibility</td>
</tr>
<tr>
<td>Ambition</td>
<td>Harmony</td>
<td>Risk-taking</td>
</tr>
<tr>
<td>Authenticity</td>
<td>Health</td>
<td>Safety</td>
</tr>
<tr>
<td>Balance</td>
<td>Home</td>
<td>Security</td>
</tr>
<tr>
<td>Beauty</td>
<td>Honesty</td>
<td>Self-discipline</td>
</tr>
<tr>
<td>Being the best</td>
<td>Hope</td>
<td>Self-expression</td>
</tr>
<tr>
<td>Belonging</td>
<td>Humility</td>
<td>Self-respect</td>
</tr>
<tr>
<td>Career</td>
<td>Humor</td>
<td>Serenity</td>
</tr>
<tr>
<td>Caring</td>
<td>Inclusion</td>
<td>Service</td>
</tr>
<tr>
<td>Collaboration</td>
<td>Independence</td>
<td>Simplicity</td>
</tr>
<tr>
<td>Commitment</td>
<td>Integrity</td>
<td>Spirituality</td>
</tr>
<tr>
<td>Community</td>
<td>Initiative</td>
<td>Sportsmanship</td>
</tr>
<tr>
<td>Compassion</td>
<td>Intuition</td>
<td>Stewardship</td>
</tr>
<tr>
<td>Competence</td>
<td>Job security</td>
<td>Success</td>
</tr>
<tr>
<td>Confidence</td>
<td>Joy</td>
<td>Time</td>
</tr>
<tr>
<td>Connection</td>
<td>Justice</td>
<td>Teamwork</td>
</tr>
<tr>
<td>Contentment</td>
<td>Kindness</td>
<td>Thrift</td>
</tr>
<tr>
<td>Contribution</td>
<td>Knowledge</td>
<td>Tradition</td>
</tr>
<tr>
<td>Cooperation</td>
<td>Leadership</td>
<td>Travel</td>
</tr>
<tr>
<td>Courage</td>
<td>Learning</td>
<td>Trust</td>
</tr>
<tr>
<td>Creativity</td>
<td>Legacy</td>
<td>Truth</td>
</tr>
<tr>
<td>Dignity</td>
<td>Leisure</td>
<td>Understanding</td>
</tr>
<tr>
<td>Diversity</td>
<td>Love</td>
<td>Uniqueness</td>
</tr>
<tr>
<td>Environment</td>
<td>Loyalty</td>
<td>Usefulness</td>
</tr>
<tr>
<td>Efficiency</td>
<td>Making a difference</td>
<td>Vision</td>
</tr>
<tr>
<td>Equality</td>
<td>Openness</td>
<td>Vulnerability</td>
</tr>
<tr>
<td>Ethics</td>
<td>Optimism</td>
<td>Wealth</td>
</tr>
<tr>
<td>Excellence</td>
<td>Order</td>
<td>Well-being</td>
</tr>
<tr>
<td>Fairness</td>
<td>Nature</td>
<td>Wholeheartedness</td>
</tr>
<tr>
<td>Faith</td>
<td>Parenting</td>
<td>Wisdom</td>
</tr>
<tr>
<td>Family</td>
<td>Patriotism</td>
<td></td>
</tr>
<tr>
<td>Financial stability</td>
<td>Patience</td>
<td></td>
</tr>
<tr>
<td>Forgiveness</td>
<td>Peace</td>
<td></td>
</tr>
<tr>
<td>Freedom</td>
<td>Perseverance</td>
<td></td>
</tr>
<tr>
<td>Friendship</td>
<td>Power</td>
<td></td>
</tr>
<tr>
<td>Fun</td>
<td>Personal fulfillment</td>
<td></td>
</tr>
<tr>
<td>Future generations</td>
<td>Pride</td>
<td></td>
</tr>
</tbody>
</table>

Write your own:

____________

____________

____________
“There are no guarantees in the arena. We will struggle. We will even fail. There will be darkness. But if we are clear about the values that guide us in our efforts to show up and be seen, we will always be able to find the light. We will know what it means to live brave.”

1. **THE FLAME:** What are the 1-2 values that really light the way for me? Draw a flame and put these values in the flame.

   The values that help me find my way in the dark are:

2. **PROTECTING THE FLAME:** All lanterns have devices that protect the flame. What are the specific behaviors that support and protect your values? Who are the people you want to put around you who support and protect your values?

   The behaviors and people that support my values are:

3. **THE HANDLE:** Sometimes when we’re in struggle or feeling overwhelmed we set down the lantern and walk away from it. We feel like we’re already carrying so much. But without the light of the lantern (our clarity of values) it can get very dark very quickly. Use the handle to identify the behaviors that can serve as a red flag that you’ve walked away from your light and your values.

   *I know I’m in trouble when*

   *or*

   *I know I’ve lost my way when*

   *or*

   *I know I’m out of alignment with my values when*

4. **RADIATING LIGHT:** When was a time you embodied your most important values?