

**Applications of
Rising Strong as a Spiritual Practice
Based on Brene' Brown's research, and
Barb's interpretation**

*(does not necessarily reflect
The PACE class's opinions)*

Barb Petsel LPC, FT, RN, CDWF

RISING STRONG
as a **SPIRITUAL PRACTICE**
BRENÉ BROWN Ph.D., LMSW

DARINGLY GREATLY

MORE THAN 1 MILLION COPIES SOLD

#1 New York Times Bestseller

How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

BRENÉ BROWN, Ph.D., LMSW
 Author of *The Gifts of Imperfection* and *I Thought It Was Just Me*

#1 New York Times bestselling author

BRENÉ BROWN Ph.D., LMSW

The Quest for True Belonging and the Courage to Stand Alone

BRAVING THE WILDERNESS

New York Times Best Seller with Over One Million Copies Sold!

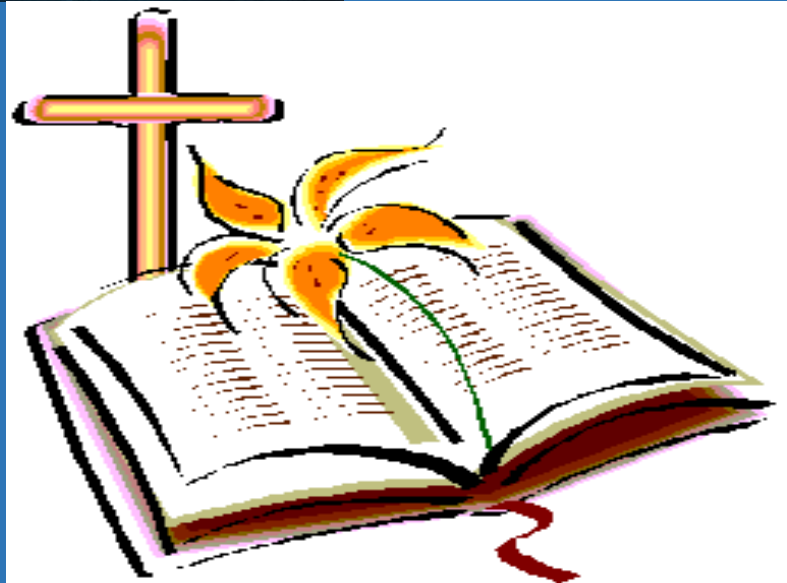
THE GIFTS OF Imperfection

As Featured On **super soul sunday OWN** OPRAH.COM

Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

YOUR GUIDE TO A WHOLEHEARTED LIFE

Brené Brown, Ph.D., L.M.S.W.



My personal interpretation and application

Admission of my self talk...

Vulnerability is scary!





Readings:

A. Ephesians 4: 32

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you

B. Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control



C. Colossians 3:12

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience

D. Proverbs 3:3

Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart

SPIRITUALITY recognizing and celebrating that we are all **inextricably connected to one another** by a power greater than all of us, and that connection to that power and to one another is grounded in **love and compassion**



Inability to face failure and discomfort leads to perfectionism, making excuses, blaming and rationalizing --- which prevents people from learning from their failures, disappointment and heartbreak

Instead, face failure with self compassion, curiosity and ability to learn



Peter

Choices when you feel you do not belong:

- 1. You live in constant pain and seek relief by numbing it or inflicting pain on others**
- 2. You deny pain and your denial ensures you pass it on to others (those around you or your children)**
- 3. You find the courage to own the pain and develop a level of empathy and compassion for yourself and others that allows you to spot hurt in a unique way**

Reckoning

Rumble

Revolution

Brown says that *true belonging*, “requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary.”



1980 20% of Americans reported feeling lonely

2017 40% reported feeling lonely

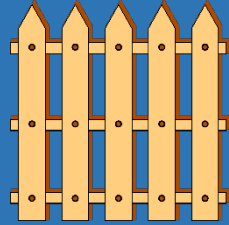
Loneliness- perceived social loneliness, and the heart of loneliness is the absence of meaningful social interaction

John Cacioppo Univ. of Chicago

****Loneliness is the heart**

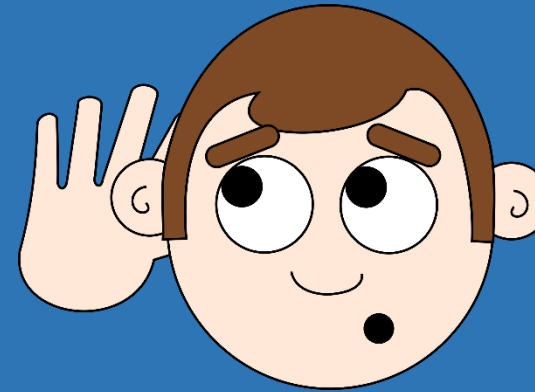
Getting closer to people different than ourselves includes:

Setting boundaries

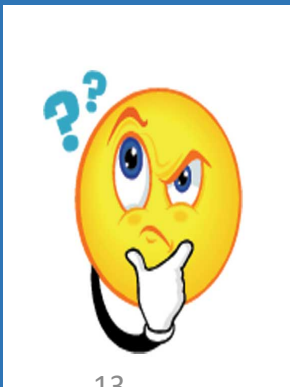


Practicing trust and truth in oneself & others

Learning the art of listening



Being more curious than defensive or judgmental



Belonging-

the innate human desire to be a part
of something larger than us

TRUE belonging- When we present our **authentic, imperfect selves** to the world. Our sense of belonging is never greater than our sense of self-acceptance. It's difficult standing alone in the wilderness of uncertainty, vulnerability, and criticism, but we are connected through love and the human spirit

**“Fitting in”
vs.
“Belonging”**



TRUE BELONGING-

the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging does not require you to change who you are, it requires you to be who you are.



Armoring up-

1. Because we are not comfortable with emotions and vulnerability is seen as weakness

2. Our experiences with previous trauma has taught us that vulnerability is actually dangerous

Chandelier-ing



Bouncing Hurt with anger or blame



Stockpiling

Keep packing down pain
The body wins every time



Numbing



High Centering



The Umbridge

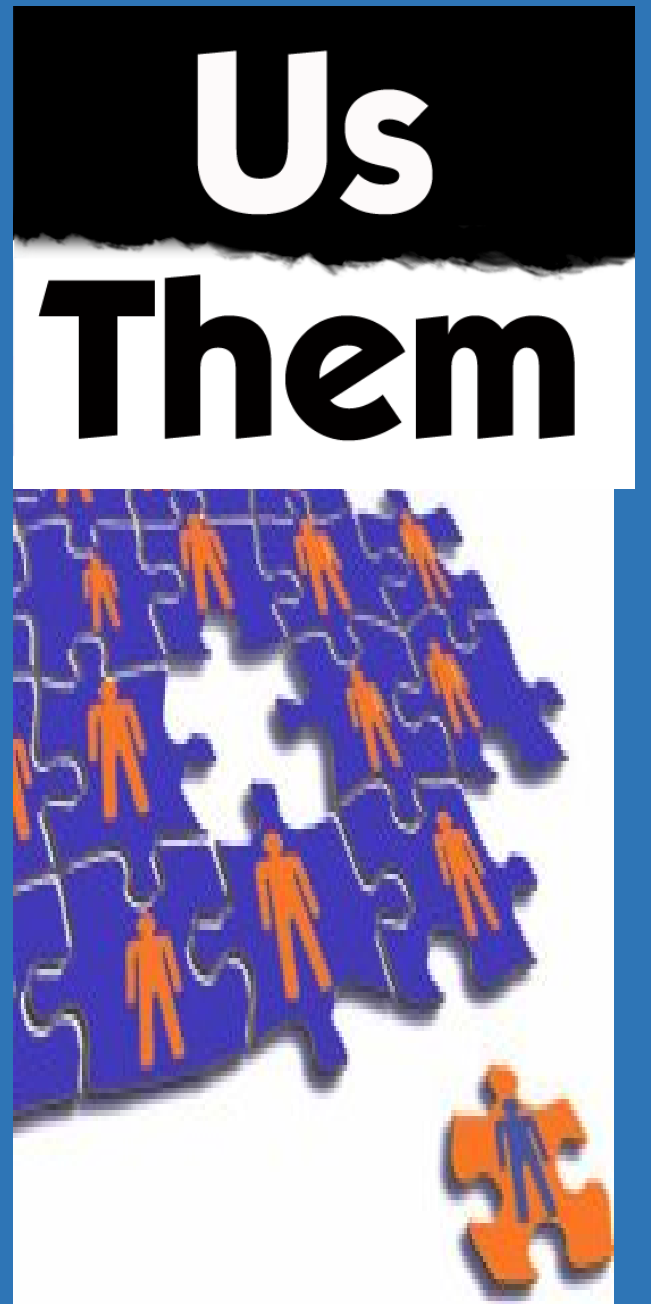
Light and dark are not integrated.

Overly sweet and accommodating when I feel resentful, hurt, frustrated, etc.

Say yes when I mean no. Sometimes my niceness is inauthentic and I can feel like a ticking bomb.



**“US “ vs. “THEM” cultures
create feelings of
spirituality-disconnection
(a diminishing sense of
shared humanity)**



Permission slips

To be
authentic

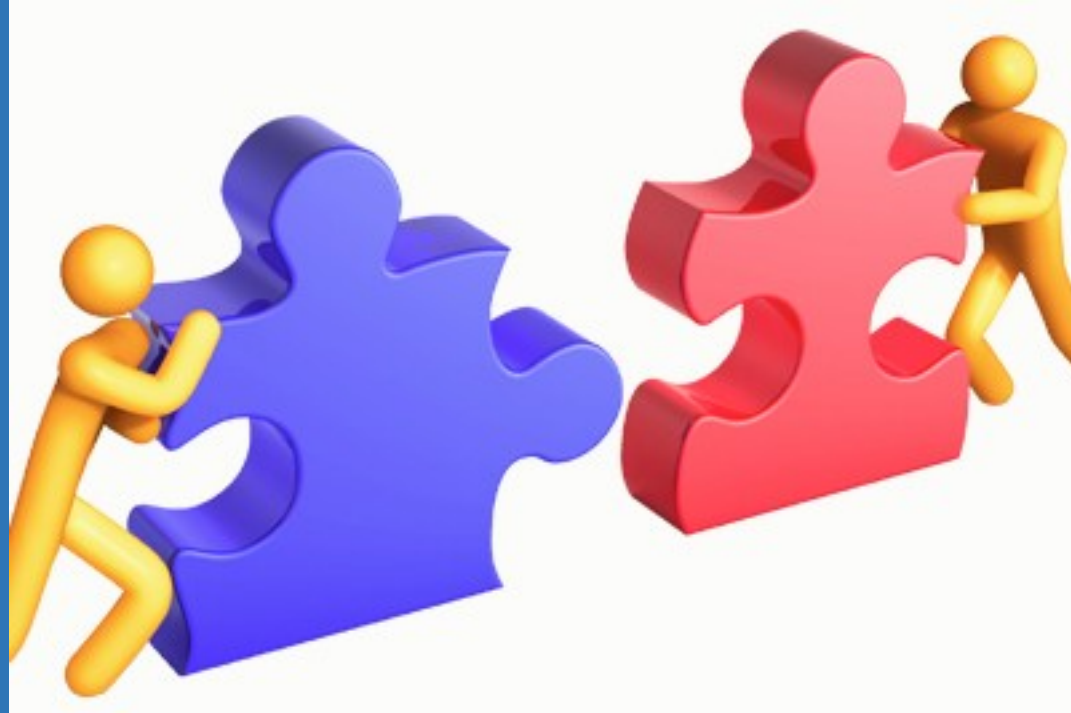
To not be
popular

To mess up,
Be
misunderstood,
etc.



Story of pain by grieving man

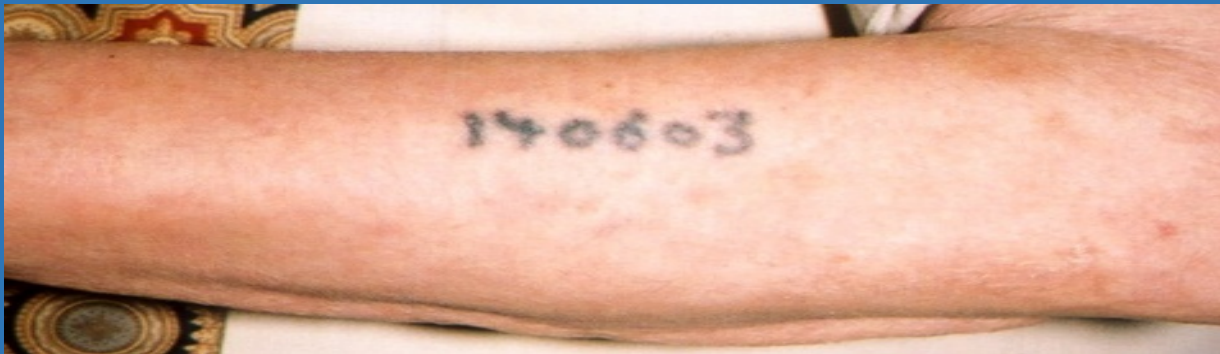
**We are connected to one another
through the same spiritual story**



**Connect without losing authenticity,
freedom, or power**

DEHUMANIZING and HOLDING PEOPLE ACCOUNTABLE are mutually exclusive

Our faith asks us to find the face of God in everyone



Boundaries- Learning to set, hold and respect boundaries. The challenge is letting go of being liked and the fear of disappointing people



Boundaries (Bill Gaultiere)

Jesus accepted:

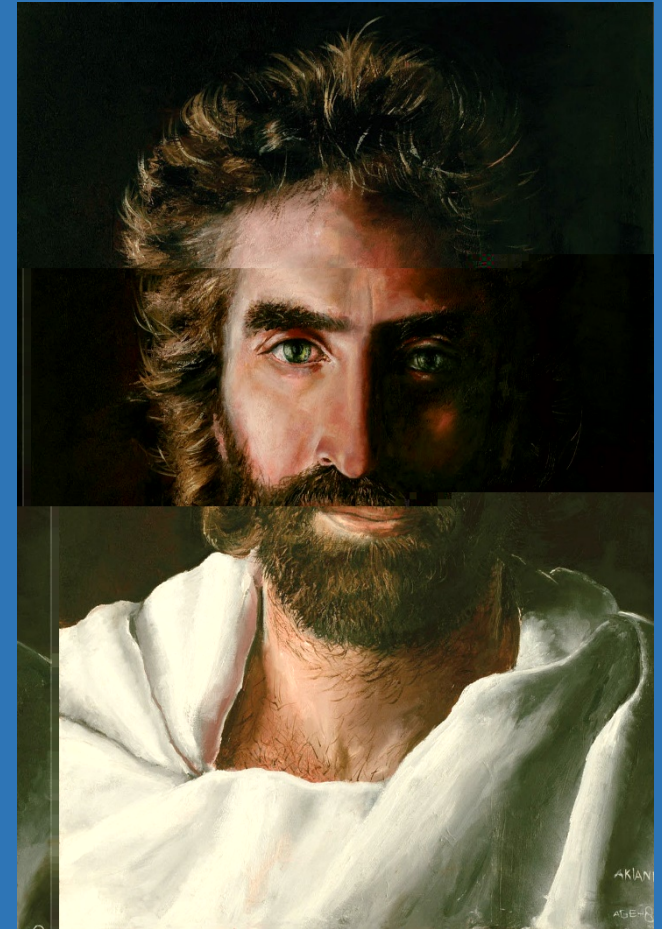
1. Basic needs (food, sleep, naps, walking)
2. Support from friends
3. Solitude
4. Singular Focus (This people, This place, This time)
5. Pace of life

Jesus Said No to Inappropriate Behavior

Demands

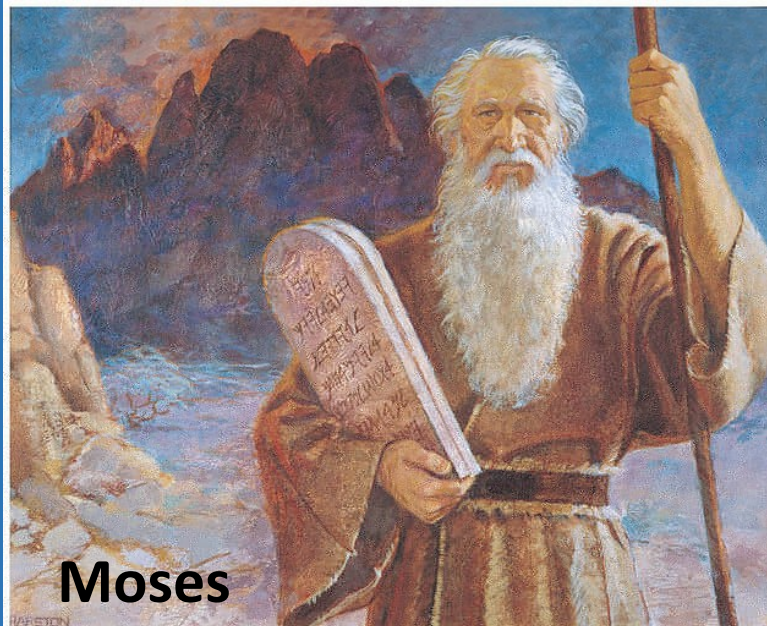
Entitlement

Baiting Questions

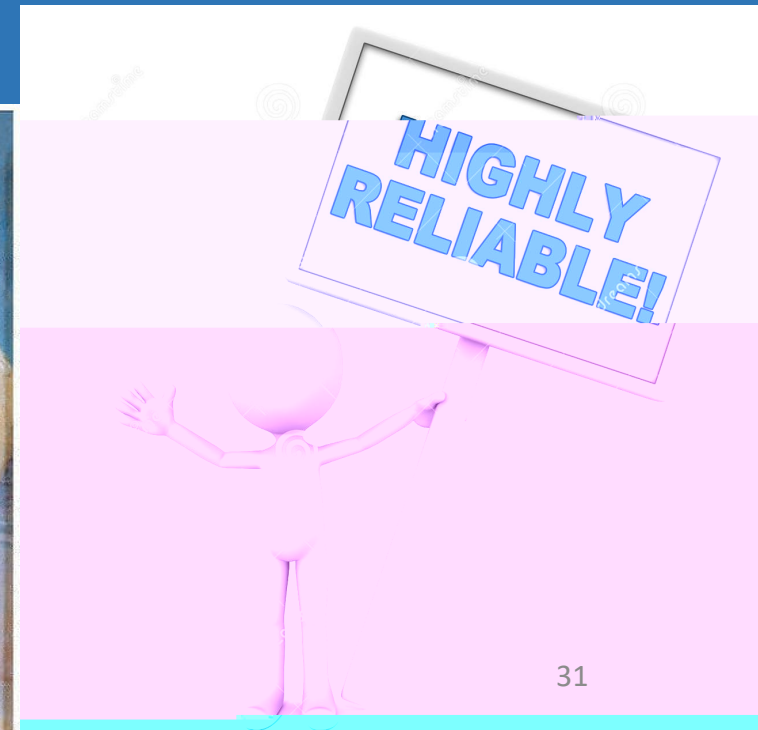


Reliability

Learning how to say what we mean and mean what we say. The challenge is not overcommitting and overpromising to please others or prove ourselves

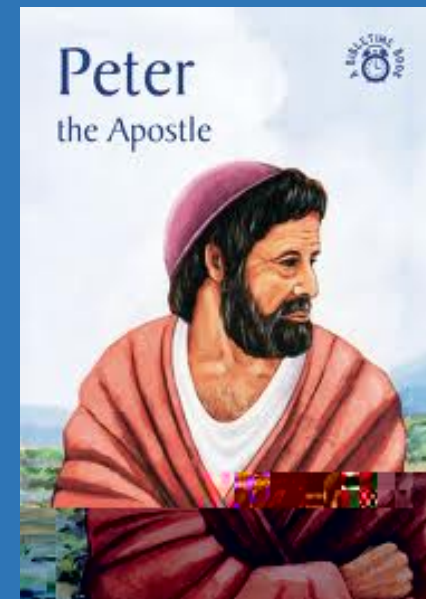


Moses



Accountability:

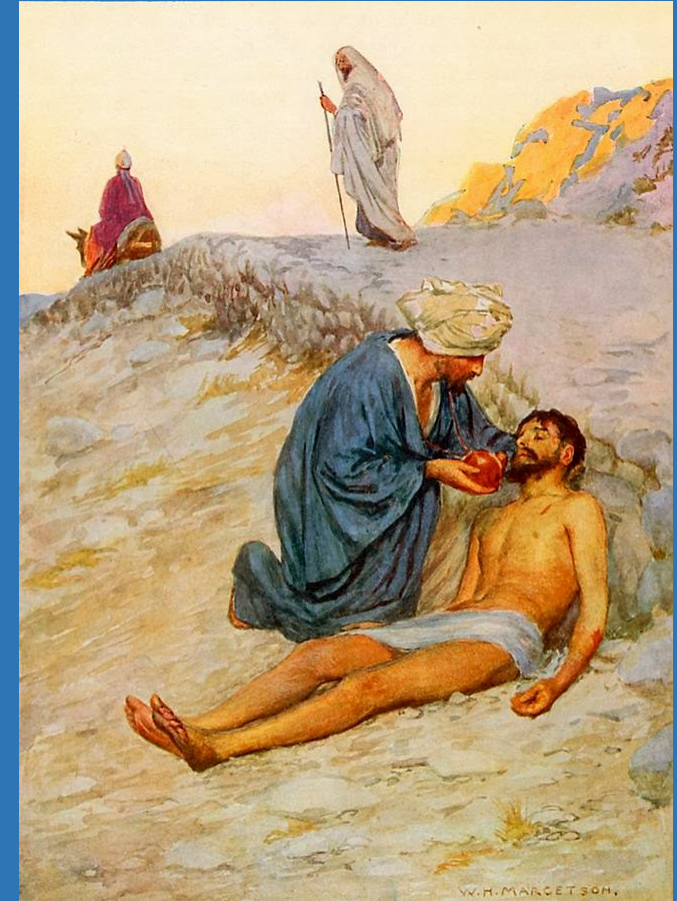
Learning how to step up, be accountable, take responsibility, and issue meaningful apologies when we are wrong. The challenge is letting go of blame and stepping out of shame.



Vault: Learning how to keep confidences, to recognize what's ours and what's not. The challenge is to stop using gossip, common enemy intimacy, and oversharing as a way to hotwire connection.



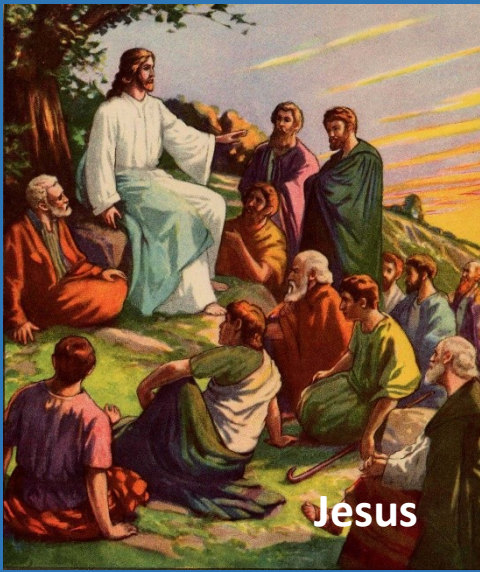
Integrity: Learning how to practice our values even when it's uncomfortable and hard. The challenge is choosing courage over comfort in those moments.



Nonjudgment: Learning how to give and receive help. The challenge is letting go of “helper and fixer” as our identity and the source of our self-worth.



Generosity: Learning how to set the boundaries that allows us to be generous in our assumptions about others. The challenge is being honest and clear with others about what is okay and not okay.



Trusting others & Self Trust

B Boundaries

R Reliability

A Accountability

V Vault (not sharing info that is not yours to share)

I Integrity

N Nonjudgement

G Generosity



4 elements of true belonging:



1. People are hard to hate close up. Move in.
2. Speak truth to BS. Be civil/constructive
3. Connect with strangers.
4. Strong back. Soft front. Wild heart.

CONFLICT RESOLUTION

(Dr. Michelle Buck Kellogg School of Management at Northwestern Univ.)



Agree to disagree quickly shuts things down

Address underlying intensions

Distinguish between past, present, and future: “Where are we now?”

Most important turning pt. is focusing on the future

False belief is “You are *with* us or you are *against* us”

CONFLICT TRANSFORMATION- (NOT conflict resolution)

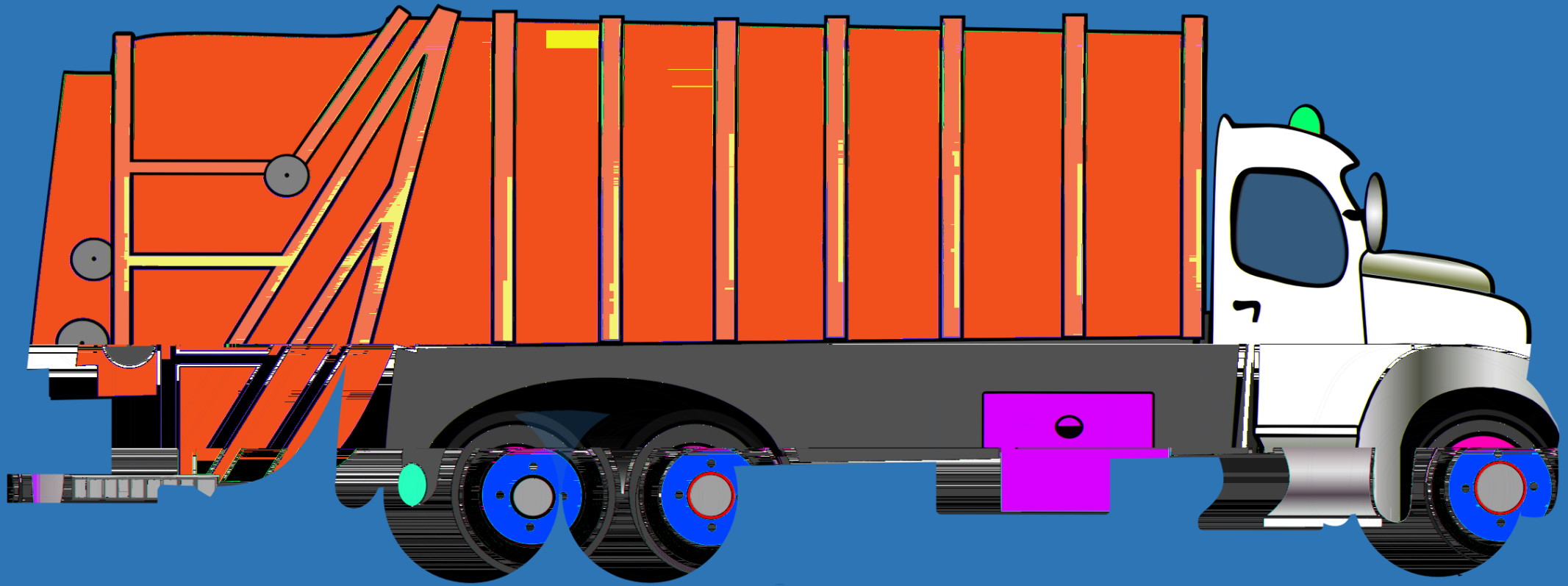


Takes courage to be open-minded

LISTEN to LEARN MORE about the other person's
PERSPECTIVE

“Help me to understand why this is so important to you”

“Tell me more.”



Live out the **paradox of love**

tough and tender
excited and scared
brave and afraid...

Showing up in our
vulnerability and courage &
being fierce and kind

**Straddling the tension of the world's
struggles , fighting for justice and peace,
and cultivating joy**

