

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

The Daring Way™ – Wholehearted Living for Staff and Client Wellness in Criminal Justice

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Disclaimer

- Description of presentation: Researcher and author Brené Brown's work has uncovered that we are all affected by shame and vulnerability, despite what we might think or want to believe. This workshop will explain exactly what wholehearted living is, how to strive toward it personally, and how it can impact the individuals we serve.
- Attendance at this presentation does **NOT** mean that you are able to facilitate this work with others.
- Any copyrighted forms that are provided cannot be used with others.

Objectives

- 1. Understand the concepts of shame, guilt, trust, and empathy.
- 2. Describe what it means to “Show Up, Be Seen, Live Brave™”
- 3. Determine ways to incorporate these concepts into your professional life.

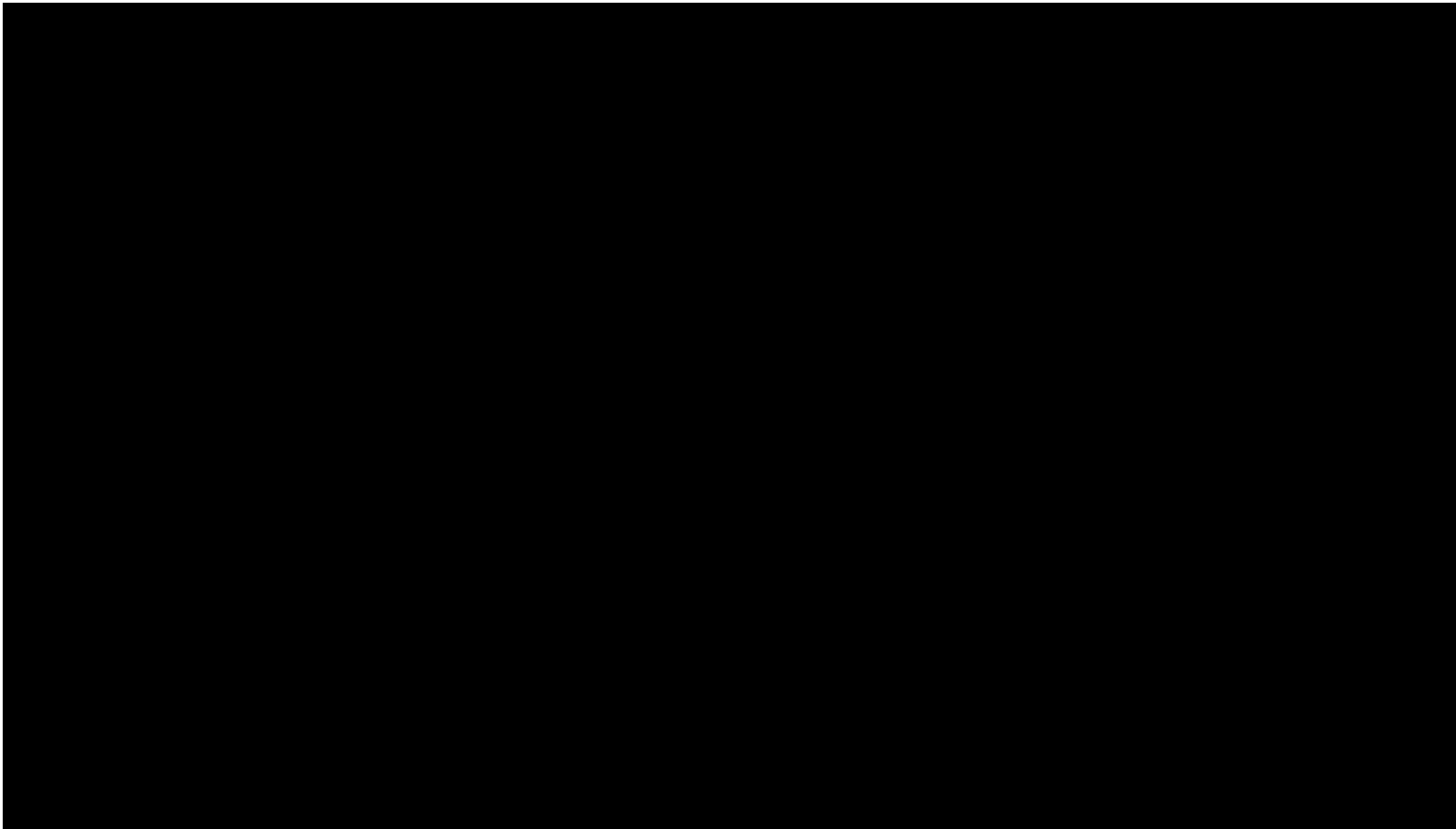
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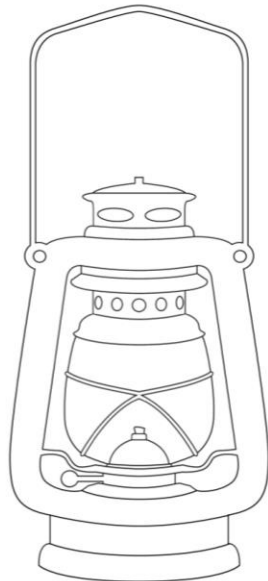
Introduction



Clarity of Values



"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 importance values?

LIST OF VALUES

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

Vulnerability is...

- “Sharing an unpopular opinion”
- “Asking for help”
- “Helping my thirty-seven-year-old wife with Stage 4 breast cancer make decisions about her will”
- “Starting my own business”
- “Calling a friend whose child just died”
- “The first date after my divorce”
- “Getting promoted and not knowing if I’m going to succeed”
- “Asking for forgiveness”
- Sharing something you created

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead* (pp. 35-37). New York, NY: Gotham Books.

Vulnerability is...

“Vulnerability sounds like truth and feels like courage.”

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead* (p. 37). New York, NY: Gotham Books.



“VULNERABILITY IS THE
BIRTHPLACE OF LOVE,
BELONGING, JOY,
COURAGE, EMPATHY,
ACCOUNTABILITY,
AND AUTHENTICITY.”

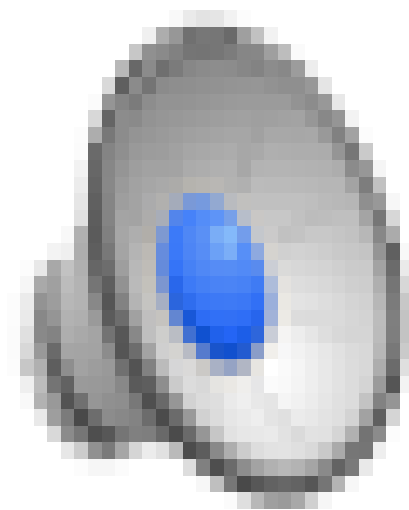
— BRENÉ BROWN —

Vulnerability Myths

- Weakness
 - Opt out
- Oversharing
- I can go it alone



Marble Jar - Trust



Shame versus Guilt

Shame

- “I am bad.”
- Self-focused
- An assault on who I am

Guilt

- “I did something bad.”
- Behavior focused
- I’ve done something that doesn’t align with my values

SHAME

- ❑ Fear of disconnection.

- ❑ Three truths:

1. We all have it.

2. No one likes to talk about it.

3. The less we talk about it the more control it has over our lives.

- ❑ Correlated with addiction, violence, aggression, depression, eating disorders, suicide, & bullying.

- ❑ 12 Shame Categories

- ❑ Shame resilience

Shame and Men

- “Shame is Failure. At work. On the football field. In your marriage. In bed. With money. With your children. It doesn’t matter —shame is failure.”
- “Shame is being wrong. Not doing it wrong, but being wrong.”
- “Shame is a sense of being defective.”
- “Shame happens when people think you’re soft. It’s degrading and shaming to be seen as anything but tough.”
- “Revealing any weakness is shaming. Basically, shame is weakness.”
- “Showing fear is shameful.”
- “Shame is being seen as “the guy you can shove up against the lockers.””

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead* (pp.91-92). New York, NY: Gotham Books.

Shame and Women

- “Look perfect. Do perfect. Be perfect. Anything less than that is shaming.”
- “Being judged by other mothers.”
- Being exposed—the flawed parts of yourself that you want to hide from everyone are revealed.”
- Even though everyone knows that there’s no way to do it all, everyone still expects it. Shame is when you can’t pull off looking like it’s under control.”
- “Shame is never enough.”
- “No seat at the cool table. The pretty girls are laughing.”

Brown, B. (2012). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead* (pp. 85-86). New York, NY: Gotham Books.



**"YOU CAN CHOOSE COURAGE
OR YOU CAN CHOOSE COMFORT,
BUT YOU CANNOT HAVE BOTH."**

BRENÉ BROWN



The Armory

Foreboding Joy

- “Paradoxical dread that clamps down on momentary joyfulness.” p. 117
- “When we lose the ability or willingness to be vulnerable, joy becomes something we approach with deep foreboding.” p. 118

Gratitude

- Joy comes in ordinary moments p. 125
- “Don’t take what you have for granted...Don’t apologize for what you have...When you honor what you have, you’re honoring what I’ve lost.” p. 125
- “Every time we allow ourselves to lean into joy and give in to those moments, we build resilience and we cultivate hope.” p. 126

The Armory

Perfectionism

- “Believing that doing everything perfectly means you’ll never feel shame.” p. 117
- Striving for excellence is internally driven while perfectionism is externally driven.

Appreciating the beauty of cracks

- Self-Kindness
- Common Humanity
- Mindfulness

The Armory

Numbing

- “The embrace of whatever deadens the pain of discomfort and pain.” p. 117
- Food, sugar, drugs, alcohol (maybe even the few glasses to take the edge off), Tylenol PM, prescription pills, sex, internet, Facebook, Fantasy football, work, gossip, etc.
- Cannot selectively numb

Setting boundaries, finding true comfort, and cultivating spirit

- “Learning how to actually feel their feelings.” p. 142
- “Staying mindful about numbing behaviors.” p. 142
- “Learning how to lean into the discomfort of hard emotions.” p. 142

The Armory

Viking or Victim

- Victim: “a sucker or a loser who’s always being taken advantage of and can’t hold your own” p. 152
- Viking: “someone who sees the threat of being victimized as a constant, so you stay in control, you dominate, you exert power over things, and you never show vulnerability.” p. 152

Redefining success, reintegrating vulnerability, and seeking support

- Surviving or winning, in the absence of combat or trauma, is not truly living.
- Examining shame triggers to reintegrate vulnerability
- Reaching out and connecting

The Armory

Floodlighting

(Letting it All Hang Out)

- When we share vulnerability, especially shame stories, with someone with whom there is no connectivity, their emotional (and sometimes physical) response is often to wince, as if we have shone a floodlight in their eyes. P. 160
- Results in disconnection, distrust, and disengagement (p. 159)

Clarifying intentions, setting boundaries, and cultivating connection

- Why am I sharing this? P. 162
- Do I still have unmet needs that I am looking to get met?
- What emotions am I experiencing? P. 162
- Am I in a place that I am ready to talk about this? With whom?
- Will sharing this really build connection?
- Do my intentions align with my values? P. 162
- Is there an outcome, response, or lack of a response that will hurt my feelings? P. 162

The Armory

The Smash and Grab

(Letting it All Hang Out)

- Using oversharing as a manipulation tool.
- “The smash and grab used as vulnerability armor is about smashing through people’s social boundaries with intimate information, then grabbing whatever attention and energy you can get your hands on.” p. 163

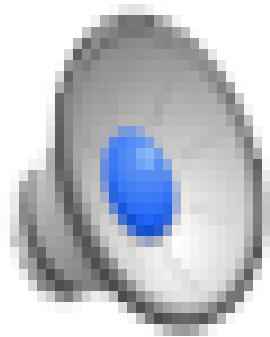
Questioning intentions

- Same questions as with floodlighting.
- “Am I trying to reach, hurt, or connect with someone specifically, and is this the right way to do it?” p. 164

The Armory

Serpentining

- Dodging vulnerability



**Being present, paying attention,
moving forward**

- Breathe
- Humor
- Move on

The Armory

Cynicism, criticism, cool, and cruelty

- “Cynicism, criticism, cruelty, and cool are even better than armor—they can be fashioned into weapons that not only keep vulnerability at a distance but also can inflict injury on the people who are being vulnerable and making us uncomfortable.” p. 167

Tightrope walking, practicing shame resilience, and reality checking

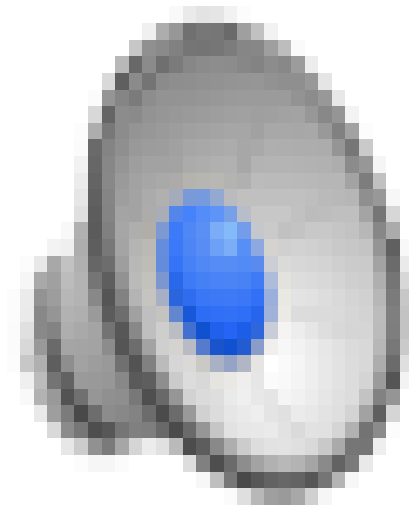
- “When we stop caring what people think, we lose connection...When we become defined by what people think, we lose willingness to be vulnerable.” p. 169
- Understand what triggered it, what it means about sense of self-worth, talking to someone you trust, and asking for what you need.
- If you aren’t in the arena, your opinion doesn’t count.
- 1 x 1 inch square

STRATEGIES OF DISCONNECTION

SHAME SHIELDS

<p><i>moving away</i></p> <p>WHEN:</p> <p>WITH:</p>	<p><i>moving towards</i></p> <p>WHEN:</p> <p>WITH:</p>
<p><i>moving against</i></p> <p>WHEN:</p> <p>WITH:</p>	<p><i>authenticity mantra</i></p>

EMPATHY



Shame Resilience

1. Recognizing shame and understanding its triggers
2. Practicing critical awareness
3. Reaching out
4. Speaking shame

THE DARING WAY™ MODEL

SCARCITY CULTURE



When this is how we live, our experiences of shame lead to deeper fear, blame, and disconnection.



10 GUIDEPOSTS FOR WHOLEHEARTED LIVING

LETTING GO OF:	CULTIVATING:
What People Think	Authenticity
Perfectionism	Self-Compassion
Numbing & Powerlessness	Resilient Spirit
Scarcity & Fear of the Dark	Gratitude
Need for Certainty	Intuition and Faith
Comparison	Creativity
Exhaustion, Productivity = Self-Worth	Rest and Play
Anxiety as a Lifestyle	Calm and Stillness
Self-Doubt and "Supposed To"	Meaningful Work
Cool and "In Control"	Laughter, Song, and Dance



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WHOLEHEARTED LIVING



When this is how we live, our experiences of shame are still painful and challenge our sense of worthiness; however, they also can lead to deeper self-compassion, empathy, and authenticity.



Applications

- <http://www.beyondprison.us/chapter/the-art-of-trust/>
 - “Loosening the shackles of judgment, criticism and fear, and replacing them with the experience of vulnerability, community and freedom, have immediate impacts on the women, many of whom have never had the opportunity to express themselves in a safe environment. And not surprisingly, it has an immediate impact on the prison environment.”
- <http://www.beyondprison.us/chapter/taking-off-the-mask/>
 - “One Sing Sing prisoner in RTA’s production of *Of Mice and Men* told us that he cried for the first time in ten years after the performance. Now, that’s getting in touch with your humanity.”
 - “Theater creates a very effective way to [have empathy]...How can you commit a crime when you can feel the pain it will cause someone?”

Applications

- Gangi, A. (2015, September 15). Why it's OK to be empathetic toward inmates. Retrieved February 24, 2018, from <https://www.correctionsone.com/corrections-training/articles/9506177-Why-its-OK-to-be-empathetic-toward-inmates/>
- “I’ve used what I’ve learned about empathy to understand what is happening to my wife with her health problems and to work to repair our relationship.”
- “I used what I learned to talk to my son about a fight he got into in school.”

WHO I AM TODAY



**"IN ORDER FOR
CONNECTION TO
HAPPEN, WE HAVE TO
ALLOW OURSELVES TO
BE SEEN. REALLY,
TRULY DEEPLY SEEN."**

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