

- She hopes it helps people look in themselves to see how they protect themselves, when did we start these mechanisms and what would it take to put the armor away
- The enough Mandate: with a sense of “enough” comes an embrace of worthiness, boundaries and engagement.
- Common vulnerability arsenal: **foreboding joy** (paradoxical dread that clamps down on momentary joy), **perfectionism**(believing that doing everything perfectly means you’ll never feel shame), **numbing**(the embrace of whatever deadens the pain)

Foreboding Joy:

- Foreboding joy: always waiting for the other shoe to drop
- Survey shows most people on vulnerable about joy, not fear or shame
- “It is easier to live disappointed then feel disappointed”
- People who rehearse tragedy are trying to beat vulnerability to the punch
- Gratitude is the antidote to foreboding joy. Practicing gratitude is how we acknowledge that there’s enough and that we are enough.

Lessons:

- Joy comes to us in moments— ordinary moments. We risk out on joy when we get too busy chasing extraordinary
- Be grateful for what u have
- Don't squander joy

Perfectionism:

- Perfectionism: Is the belief that if we do things perfectly and look perfect, we can minimize or avoid the pain of blame, judgment, and shame.
- At its core, it's about trying to earn approval. A way to avoid shame. It is self destructive simply because perfection does not exist.
- U need to go from “What will people think?” to “i am enough”

Numbing:

- One strategy is ‘crazy-busy’: stay busy enough, the truth of our lives won’t catch up to us.
- numbing vulnerability also dulls our experiences of love, joy, belonging, creativity, and empathy. We can’t selectively numb emotion. Numb the dark and you numb the light.
- As I'll explain, the most powerful need for numbing seems to come from combinations of all three—shame, anxiety, and disconnection
- Feeling disconnected can be a normal part of life and relationships, but when coupled with ‘the shame of believing that we’re disconnected because we're not worthy of connection, it creates a pain that we want to numb

- People will do almost anything to escape this combination of condemned isolation and powerlessness.” Shame often leads to desperation. And reactions to this desperate need to escape from isolation and fear can run the gamut from numbing to addiction, depression, self-injury, eating disorders, bullying, violence, and suicide.

Finding true comfort:

- Learning how to actually feel their feelings.
- Staying mindful about numbing behaviors(they struggled too).
- Learning how to lean into the discomfort of hard emotions.
- Connection: Connection is the energy that is created between people when they feel seen, heard, and valued; when they can give and receive without judgment.
- Belonging: Belonging is the innate human desire to be part of something larger than us. Because this yearning is so primal, we often try to acquire it by fitting in and by seeking approval, which are not only hollow substitutes for belonging, but often barriers to it. Because true belonging only happens when we present our authentic, imperfect selves to the world.

Vikings or Victims:

- Either you’re a Victim in life—a sucker or a loser who’s always being taken advantage of and can’t hold your own—or you’re a 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.

Out of the 3 shields Brene Brown mentions in the excerpt, perfectionism is the one I relate to the most. I often try to do things perfectly because it minimizes the chances of judgment. I often wonder what people think about me instead of knowing that “I am enough” and their opinions don't matter. This is because I just feel the need for other people's approval but at the end of the day this is self destructive because perfection does not exist.

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