

Month Five | Syllabus

Soul of Wellness: Who Am I And What Do I Want

Dates: February 12-March 12 (Reflection paper due March 5)

Title:

Shame and Vulnerability

Intention of Session:

1. To understand the difference between shame and guilt
2. Identify your personal triggers for shame
3. Appreciate the value of vulnerability in learning and growing
4. Find shame resilience as a value

Post Zoom Reflections:

1. Continue to use the Awareness Wheel as a communication practice especially in difficult circumstances
2. Be aware of pinches and crunches and work them using the awareness wheel
3. Begin to more consciously report the impact of communications upon you—both good and hard.
4. Be with learning from today's session about attachment style and how you defend against love – what blocks you from the relationship that you want?
5. Write a reflection paper on how all that went.

Pre-work:

Reading:

1. Read sections from Brene Brown's book "Rising Strong"
 - a) Pages 3-11 – how the story we tell ourselves impacts our experience, role of courage – ie "lean into the pain", spirituality
 - b) Pages 15--24 – Brene uses an example of her own story to demonstrate the learning
 - c) Pages 34--35 – working through her "story"
 - d) Pages 185--214- Differentiating shame and guilt
 - e) Page 234 – defining shame resilience
 - f) Pages 272 – 277 – Brene Brown on whole-hearted living including vulnerability and shame resilience
 - g) Reflection:

- a. Begin to consider past stories of shame and vulnerability to find the personal triggers for you.
 - b. Consider how willing you are to be vulnerable (just being in this program is evidence that you are).
 - c. Have you ever named shame in your life or helped someone else name it?
2. Frank Osteskeski's Fourth Invitation "Find A Place Of Rest In The Middle Of Things"
3. Purchase (if you haven't already) and read "Soul Without Shame: A Guide To Liberating Yourself From The Judge Within" by Byron Brown
4. Purchase "The Sunflower: On the Possibilities and Limits of Forgiveness" by Simon Wiesenthal. If you have time you might begin reading it for next month.

Internet study:

1. Brene Brown TED talk – The Power of vulnerability:
<https://www.youtube.com/watch?v=iCvmsMzIF7o>
2. Brene Brown TED talk – Listening to shame:
<https://www.youtube.com/watch?v=psN1DORYYV0>
3. Brene Brown TED talk—The Price of Vulnerability:
https://www.youtube.com/watch?v=_UoMXF73j0c
4. Brene Brown TED talk—Blame:
https://www.youtube.com/watch?v=RZWf2_2L2v8

Mindfulness Practice: To be done both before and after Webinar

1. Listen to Tara Brach's meditation on self-compassion. Pay special attention to the work you are doing on shame and vulnerability and how some self-compassion might be useful.
2. You can also use the meditation on self-compassion we did with Kristin Neff in the first month.

Third Thing:

1. "Start Close In" by David Whyte
2. "Now Is The Time" by Hafiz

Zoom Session Agenda

1. Poem: "Start Close In" by David Whyte
2. Lecture on Shame and Vulnerability
3. Skype call with inquiry
4. Poem: "Now Is The Time" by Hafiz