

# DARING GREATLY™

Learning Outcomes

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## ABOUT DARING GREATLY™

Daring Greatly™ is an empirically based, psycho-educational programme based on the research of Dr. Brené Brown. The work focuses on courage building, shame resilience, and uncovering the power of vulnerability. The methodology is designed for work with individuals, couples, families, and groups.

### SESSION OBJECTIVES

Upon completion of this session, participants will be able to meet these objectives:

## LESSON 1: INTRODUCTION

- Choose an area for exploration in their Daring Greatly™ work.
- Understand how the metaphor of the arena will be used to explore the topics of vulnerability and courage.
- Articulate the support they need to do this work and begin asking for that support from their peers.
- Identify the area where they need to practice self-compassion and self-care by completing permission slips.
- Complete exercises to increase their engagement in the group so they can practice articulating their needs, setting boundaries, reaching out for support, and understanding the needs of others.

## LESSON 2: HOW VALUES LIGHT THE WAY

- Identify the personal values that are the most important in their lives.
- Begin to understand how values clarification is essential to the development of resiliency.
- Identify specific behaviors that align with their values.
- Identify specific people who support their efforts to practice their aspirational values.
- Explore the gaps between their aspirational values and their practiced values.
- Identify what specific behaviors are out of alignment with their aspirational values.
- Practice gratitude in the group and understand the important role of gratitude in the process of wholehearted living.

## LESSON 3: TRUST AND THE MARBLE JAR

- Understand how and why trust is built incrementally and over time.
- Complete exercises that help them to identify trusting relationships and the specific behaviors that they view as trust-building.
- Discuss trust using the acronym BRAVING.

## LESSON 4: THE MYTHS OF VULNERABILITY

1. Dispel the six myths of vulnerability as discussed in Brené Brown's theory on vulnerability and courage.
2. These myths are:
3. Vulnerability is weakness.
4. We can opt out of vulnerability.
5. Vulnerability is oversharing.
6. We can practice vulnerability in isolation.
7. You can engineer the uncertainty and discomfort out of vulnerability.
8. Trust comes before vulnerability.
9. Demonstrate an understanding of the relationship between vulnerability and courage.
10. Identify the two major vulnerability paradoxes that prevent us from practicing vulnerability.
11. Define vulnerability as uncertainty, risk, and emotional exposure.
12. Differentiate over-disclosing from mutual vulnerability.
13. Begin to understand the importance of connection in the human experience (from neurobiological hardwiring to spiritual needs).
14. Identify the myths and ideals that they were taught as children about vulnerability.
15. Define vulnerability based on their own personal experiences.
16. Identify the physiological experience of vulnerability.

## LESSON 5: EMPATHY AND SELF-COMPASSION

- Identify and explore the five attributes of empathy based on Theresa Wiseman's research and Kristin Neff's research.
- Differentiate empathy from sympathy.
- Differentiate the roles that experience and emotion play in practicing empathy.
- Identify and explore the three attributes of Kristin Neff's model of self-compassion.
- Understand why the commitment to practicing empathy and self-compassion includes making mistakes and making multiple attempts at connection.
- Begin practicing empathy within the group.
- Evaluate an assessment of self-conscious affect as measured by the TOSCA-3S.
- Evaluate an assessment of self-compassion as measured by Kristin Neff's Self-Compassion Scale.

## LESSON 6: THE ARENA

- Understand and begin to utilize the metaphor of the arena to examine the challenges associated with feeling vulnerable or with engaging in behaviors that lead to uncertainty, risk, and emotional exposure.
- Utilize a shared language in the group to talk about the various components of the arena.
- Begin to understand the relationships among vulnerability, scarcity, shame, and comparison.
- Begin to understand the relationship between vulnerability and messages, expectations, and stereotypes involving race, class, orientation, and otherness.
- Begin to understand the relationships among vulnerability, self-compassion, and empathy.
- Recognize how criticism and cynicism impede their willingness to be vulnerable.
- Understand why during the Daring Greatly™ process they work to identify key stakeholders in their lives, and the messages and expectations of these stakeholders.

## **LESSON 7: SHAME AND THE ARENA DOOR**

- Understand the relationship between shame and vulnerability and why we are the most susceptible to shame when we are practicing vulnerability and courage.
- Begin to define shame.

## **LESSON 8: UNDERSTANDING SHAME**

- Recognize shame as a universal human affect.
- Begin to differentiate shame, guilt, humiliation, and embarrassment.
- Understand the relationships between shame and addiction, depression, violence, aggression, and behavioral health outcomes.
- Identify childhood, school, employment, current relationship, and self-talk messages that trigger shame.

## **LESSON 9: THE ARMOURY**

- Identify their physiological responses to shame.
- Begin to identify the defensive strategies they use to protect themselves against feelings of shame and vulnerability.
- Differentiate perfectionism from healthy striving.
- Understand the relationship between shame and perfectionism.
- Comprehend the concept of foreboding joy and the relationship between joy and vulnerability.
- Differentiate numbing from comforting.

## LESSON 10: SHAME SHIELDS

- Understand the concept of shame shields and recognize that it is based on the concept of “strategies of disconnection” as posited by the researchers at The Stone Center at Wellesley.
- Identify the specific shame shields they use and the context in which they use them.

## LESSON 11: IDENTITIES AND TRIGGERS

- Identify shame triggers by recognizing both wanted and unwanted identities and their origins.
- Explore the messages, expectations, and stereotypes that fuel their ideal and unwanted perceptions.
- Recognize how they try to manage perceptions and why it is not possible.
- Creatively express their understanding of shame and authenticity.
- Dispel the myth that there are creative people and “not creative” people, and understand that creativity is a function of being human. Understand that comparison is the most significant shame trigger when practicing and sharing creativity.

## LESSON 12: CULTIVATING SHAME RESILIENCE

- Understand that resilience is understanding shame, walking through it with courage, compassion, and connection, and cultivating authenticity.
- Understand your resilience strengths and opportunities for growth for each of the four steps of shame resiliency.
- Continue to improve empathy skills with group members.
- Practice asking for what they need and talking about how they feel.
- Create a written manifesto to help remind you who you are and how you want to make a difference.