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Breaking Barriers Reaction Paper

Brene Brown: The Power of Vulnerability, is the video I chose to review. As humans, we are consistently faced with barriers which prevent us from reaching our full capability. Her video opened my eyes about myself as I relate to many of her thoughts on vulnerability and the barriers in life that we face. As a take away, I loved hearing her mention that “vulnerability is a beautiful thing,” as I would have never thought of it this way. The term and thought behind vulnerability, has always had a negative connotation behind it in my opinion, as well as many others. It is interesting to hear that we numb vulnerability. When we numb vulnerability, we numb happiness etc., which makes us wonder why and how we numb. I was inspired by her quotes such as “Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it’s our greatest measure of courage.” This week I have a few interviews that make me feel anxious and “vulnerable.” This video was enlightening and encouraging for me, this week especially. I can break my own barriers by replacing the negative idea of vulnerability with courage. I can look at these interviews as practice and potential opportunities for growth and networking with members in the community. My biggest takeaway from this video, is the encouragement that I can set forth for myself as well as others such as my clients, to empower them to utilize vulnerability as one of our greatest strengths.