

Brené Brown TED Talk *Diabetes & Vulnerability*

Brené Brown studies human connection – our ability to empathize, belong, and love. In this talk, she shares an insight from her research, one that sent her on a quest to know herself and to understand others.

Watch Brené's talk and use the following questions to guide your thoughts on how vulnerability plays a role in your relationship with diabetes.

Connection – How has diabetes influenced your ability to connect with others (positive, negative, or neutral)? *For example: Having diabetes really brought my family together. Or I don't want my friends to know about my diabetes so sometimes it makes me feel alone when I have to do ____ for my diabetes management.*

What do you think might help improve the way you connect with others?


Shame – Have you ever felt like you were not good enough or broken, leading to fear of disconnection? What are some examples?

Wholehearted – Do you believe you currently live your life wholeheartedly? What are some examples of how you or someone close to you demonstrates courage, compassion, and connection?

What might you try to live life in a more wholehearted way?

We Numb – Think about how you have numbed your vulnerability related to your diabetes. Describe how and why you've numbed.

Source: https://www.ted.com/talks/brene_brown_on_vulnerability?language=en



We Make the Uncertain Certain – Can you give an example of your need to make the uncertain certain? Have you seen this with your healthcare providers or within the healthcare system?

We Perfect – Think about how you have been taught to manage your diabetes. How has the need to be perfect or have “perfect numbers” affected you?

We Pretend – How have you pretended to hide or protect yourself from your vulnerabilities related to your diabetes (e.g. lied about blood glucose levels, taken a “diabetes vacation” or pretended that you don’t have diabetes when eating)?

What was your biggest take away from this video?

What impacted you most and why?

Always remember that you are enough!

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