

# Vulnerability

1. Noun
2. Noun
3. Full Name Of A Person
4. Same Noun
5. Same Noun
6. Same Noun
7. Same Person
8. Adjective
9. Verb - Present Ends In S
10. Adjective
11. Same Noun
12. Adjective
13. Noun
14. Same Noun
15. Same Person
16. Verb - Past Tense
17. Number
18. Adjective
19. Noun - Plural
20. Number
21. Number
22. Same Noun
23. Verb - Base Form

24. Noun
25. Verb - Base Form
26. Noun
27. Verb - Base Form
28. Verb - Base Form
29. Same Person
30. Verb - Base Form
31. Same Noun
32. Same Noun
33. Adjective
34. Same Adjective
35. Same Noun
36. Adjective
37. Same Noun
38. Noun - Plural

# Vulnerability

Is \_\_\_\_\_<sup>Noun</sup> the same as \_\_\_\_\_<sup>Noun</sup>? "In our culture," teaches Dr. \_\_\_\_\_<sup>Full Name of a Person</sup>, "we associate \_\_\_\_\_<sup>same noun</sup> with emotions we want to avoid such as fear, shame, and uncertainty. Yet we too often lose sight of the fact that \_\_\_\_\_<sup>same noun</sup> is also the birthplace of joy, belonging, creativity, authenticity, and love." On The Power of \_\_\_\_\_<sup>same noun</sup>, Dr. \_\_\_\_\_<sup>same person</sup> offers an invitation and a promise--that when we dare to drop the armor that protects us from feeling \_\_\_\_\_<sup>Adjective</sup>, we open ourselves to the experiences that bring purpose and meaning to our lives. Here she \_\_\_\_\_<sup>Verb - Present ends in S</sup> the \_\_\_\_\_<sup>Adjective</sup> myth that \_\_\_\_\_<sup>same noun</sup> is weakness and reveals that it is, in truth, our most \_\_\_\_\_<sup>Adjective</sup> measure of \_\_\_\_\_<sup>Noun</sup>.

"The Power of \_\_\_\_\_<sup>same noun</sup> is a very personal project for me," \_\_\_\_\_<sup>same person</sup> explains. "This is the first place that all of my work comes together. This audio course draws from all three of my books--it's the culmination of everything I've \_\_\_\_\_<sup>Verb - Past Tense</sup> over the past \_\_\_\_\_<sup>Number</sup> years. I'm very excited to weave it all into a truly \_\_\_\_\_<sup>Adjective</sup> form that shows what these \_\_\_\_\_<sup>Noun - Plural</sup> and insights can mean in our lives."

## Guidance and Insights for Wholehearted Living

Over the past \_\_\_\_\_<sup>Number</sup> years, Dr. Bren Brown has interviewed \_\_\_\_\_<sup>Number</sup> of people as part of an ongoing study of \_\_\_\_\_<sup>same noun</sup>. "The research shows that we try to \_\_\_\_\_<sup>Verb - Base Form</sup> disappointment with a shield of \_\_\_\_\_<sup>Noun</sup>, \_\_\_\_\_<sup>Verb - Base Form</sup> shame by numbing ourselves against \_\_\_\_\_<sup>Noun</sup>, and \_\_\_\_\_<sup>Verb - Base Form</sup>

grief by shutting off our willingness to \_\_\_\_\_  
Verb - Base Form \_\_\_\_\_," explains Dr. \_\_\_\_\_  
same person \_\_\_\_\_. When we  
become aware of these patterns, she teaches, we begin to become conscious of how much we \_\_\_\_\_  
Verb - Base  
Form \_\_\_\_\_ in the name of self-defense--and how much richer our lives become when we open ourselves to  
\_\_\_\_\_  
same noun \_\_\_\_\_.

"In my research," Dr. Brown says, "the word I use to describe people who can live from a place of  
\_\_\_\_\_  
same noun \_\_\_\_\_ is \_\_\_\_\_  
Adjective \_\_\_\_\_." Being \_\_\_\_\_  
same adjective \_\_\_\_\_ is a practice--one that we can choose to  
cultivate through empathy, gratitude, and awareness of our \_\_\_\_\_  
same noun \_\_\_\_\_ armor. Join this engaging and  
\_\_\_\_\_  
Adjective \_\_\_\_\_ teacher on The Power of \_\_\_\_\_  
same noun \_\_\_\_\_ as she offers profound \_\_\_\_\_  
Noun - Plural \_\_\_\_\_ on  
leaning into the full spectrum of emotions--so we can show up, let ourselves be seen, and truly be all in.