

Discussion Questions about Vulnerability

After viewing Brené Brown's TED Talk, spend some time reflecting on these questions, either in community, or alone.

- In the past, what has prevented you from being vulnerable with others, at work, home or in community?
- Do you have any practices currently that help you activate your heart-center?
- How has listening to the wisdom of your heart-center allowed you to be a holy fool for love?
- How have you stopped yourself from participating with the work of God on that level?