Listening – Belonging / Brené Brown / BBC 4 Woman’s Hour

**An interview with Brené Brown – presenter: Anita Rani**

**Listening from about 1:48 to 13:54 https://www.bbc.co.uk/sounds/play/m00127ck**

Brené Brown's Tedx talk *'The Power of Vulnerability'* is one of the most viewed talks in the world with more than 50 million views. Her new book 'The Atlas of the Heart' takes on a journey through 87 of the emotions and experiences that define what it means to be human.

**Please tick the ONE correct answer, complete the sentences or name relevant information** (keywords are ok).

1. What can you find out about Brené Brown’s childhood in Texas:
* **no one spoke about emotions**
1. According to Brené Brown, the average person can name three emotions accurately – namely:
* **happy**
* **sad**
* **angry**
1. *Emotional granularity* helps us to

🞏 label our emotions correctly.

🞏 sort our emotions into bigger categories

**🗴 define and get to know our feelings precisely.**

🞏 monitor our experiences.

1. According to Brené Brown *emotional granularity* helps to achieve a happy life. **🗴 true** 🞏 false
2. When talking about anger, Brené Brown is of the opinion that

🞏 anger always covers other feelings such as disappointment or grief.

🞏 it is important to classify and categorize emotions.

🞏 anger is an unnecessary emotion

**🗴 anger spurs on change in people.**

1. When talking about anger, Anita Rani points out that minority groups, especially women of colour, often experience that their feelings are often considered **invalid.**
2. Brené Brown is of the opinion that if you are not feeling any anger these days, you **are not paying attention.**
3. Throughout the research for her book, Brené Brown has come to the conclusion that it is not possible to **read peoples’ emotions** because it is **too complex / too many aspects – e.g. biography, biology etc. are involved.**
4. Instead Brené Brown encourages her audience to **listen** and to **show interest.**
5. When speaking about injustice like police brutality in the US, Brown questions the public narrative and names possible reasons why people don’t speak up:

Bring her ideas in the correct order as she lists them in the text:

**3** - people are afraid to admit that they lead a privileged life.

**1** - people don’t want to feel uncomfortable.

**4** - people are afraid to admit that their idealistic view of their

 country is wrong.

 **2** - people are afraid that they bear part of the blame.

1. According to Brown a possible solution to this problem could be to

**find back to ourselves / look inside.**

1. Belonging is often mistaken as **fitting in.**

and if we sincerely belong, we **(can) be who we are.**

According to Brown, belonging is about **seeing (humanity in) each other.**

1. US society has become very polarized because of

🞏 the dominance of powerful white men.

**🗴 the common belief that power is limited.**

🞏 the idea that sharing power is dangerous.

🞏 violent street fights about power.

1. According to Brené Brown contempt is worse than anger because it is **dismissive / dismissing / the fastest corrosion of relationships.** Even though Brown defines herself as an evolved person, she still feels contempt towards certain parts of society – namely: **people who refuse to get vaccinated.**
2. The presenter is surprised by Brown’s classification of nostalgia as a **double-edged sword.**
3. She uses the example of a scene from “Ratatouille” to illustrate the beautiful side of nostalgia. Bring the events in their correct order:

**4** - the food critic is moved to tears

**2** - the rat chef serves a simple dish

**3** - the food critic vividly remembers his childhood.

**1** - the food critic examines the restaurant

1. Yet, Brené Brown is also convinced of a dangerous side of nostalgia because it

 **🗴** **very often promotes racism and oppression.**

 🞏 is often used in election campaigns.

 🞏 can furthers domestic abuse.

 🞏 encourages social development.

1. Political campaigns like the *“Make America Great Again”-* campaign

drew on an image of an America that seemingly existed in the 1950s.

**🗴 true** 🞏 false

1. Brené Brown argues that *rumination* can be dangerous because it

🞏 causes depression.

**🗴 sparks anger and envy.**

🞏 ostracizes people.

🞏 has already caused violent attacks.

1. Last but not least, Brown also talks about positive emotions and according to her **gratitude / feeling grateful** is the key to experience a happy life.
2. What does Brené Brown do to “invite” positive emotions into her life:
* **playing tennis / family dinners / laughing with her sisters**