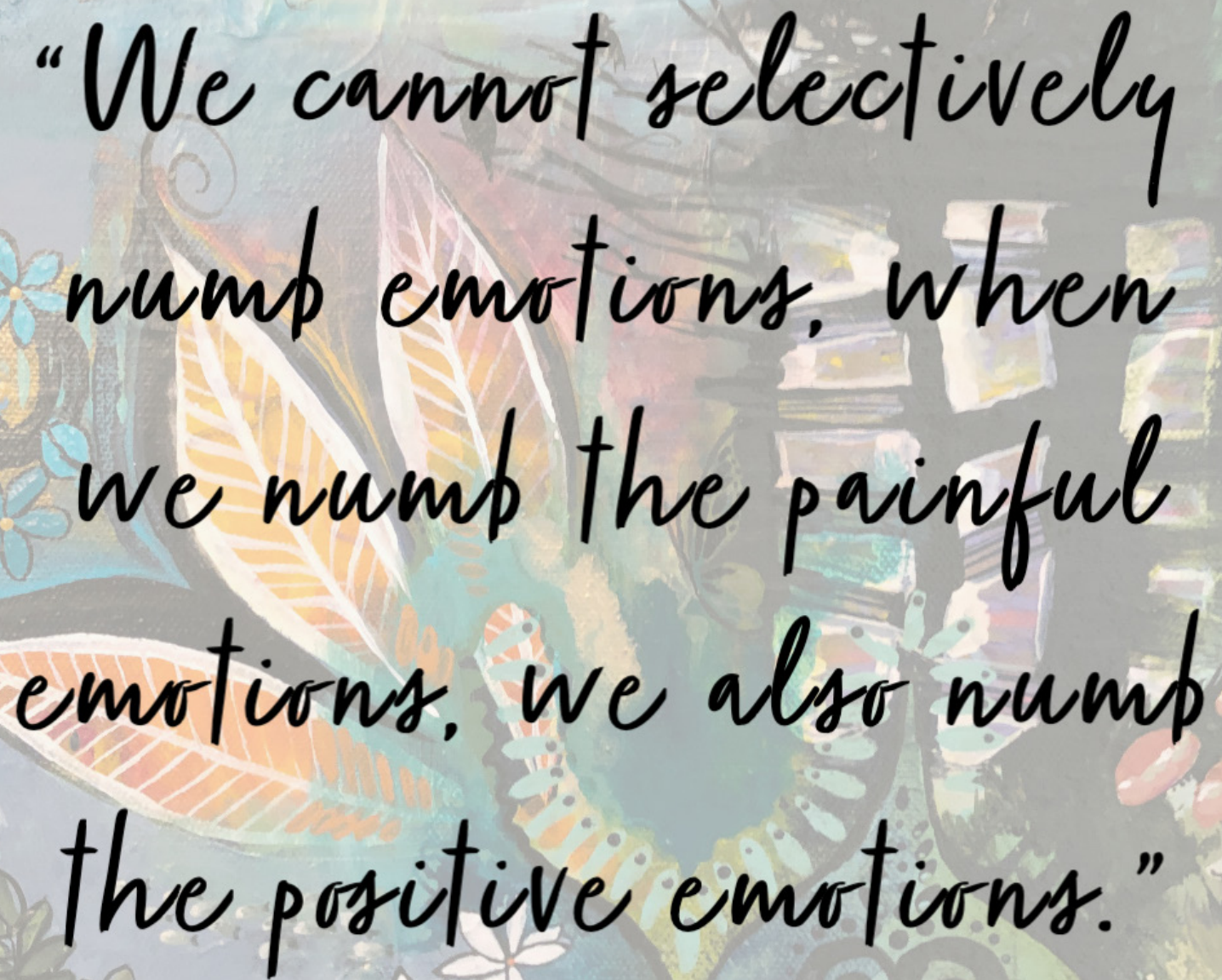


"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship."

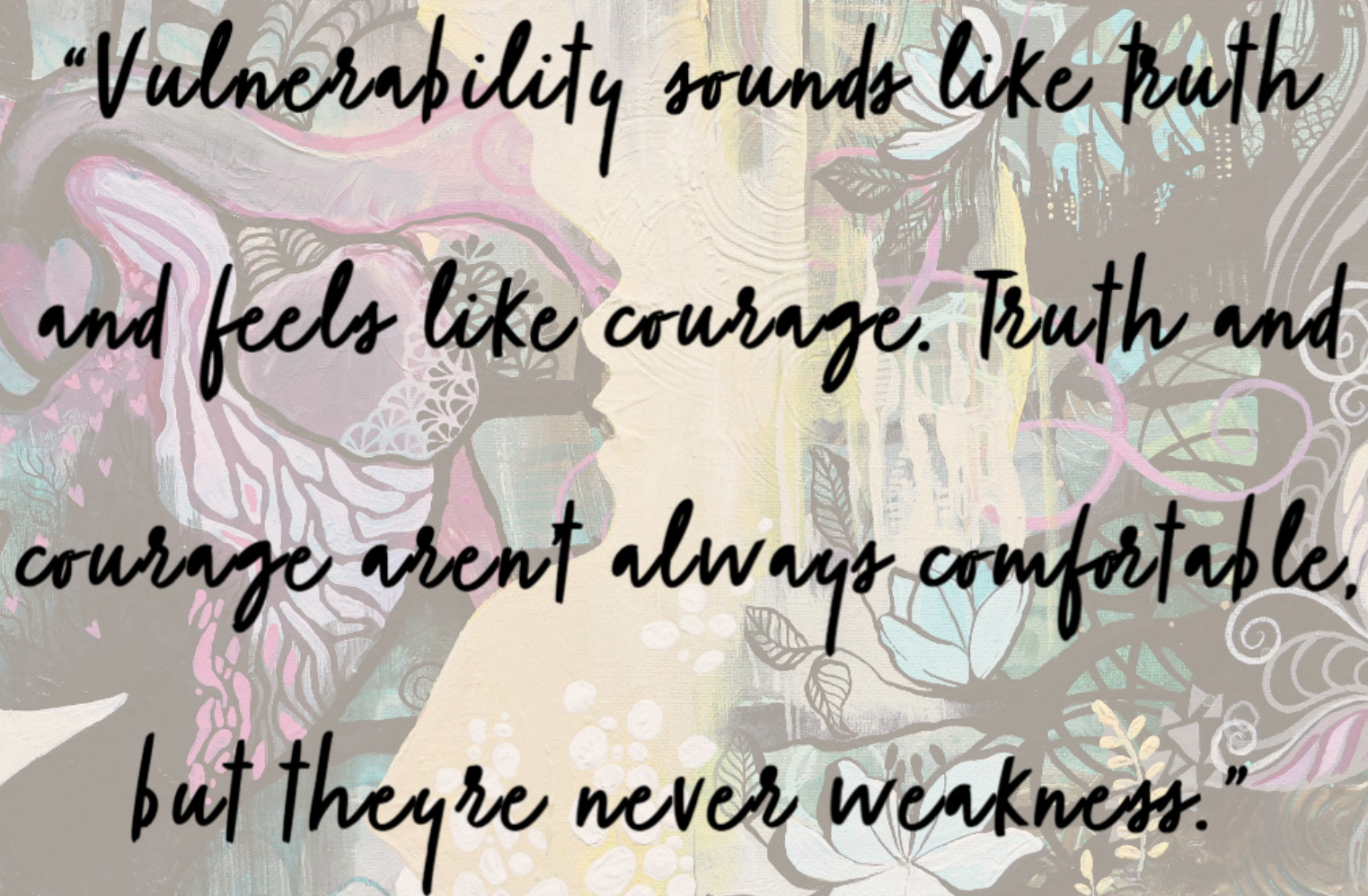
— Brené Brown

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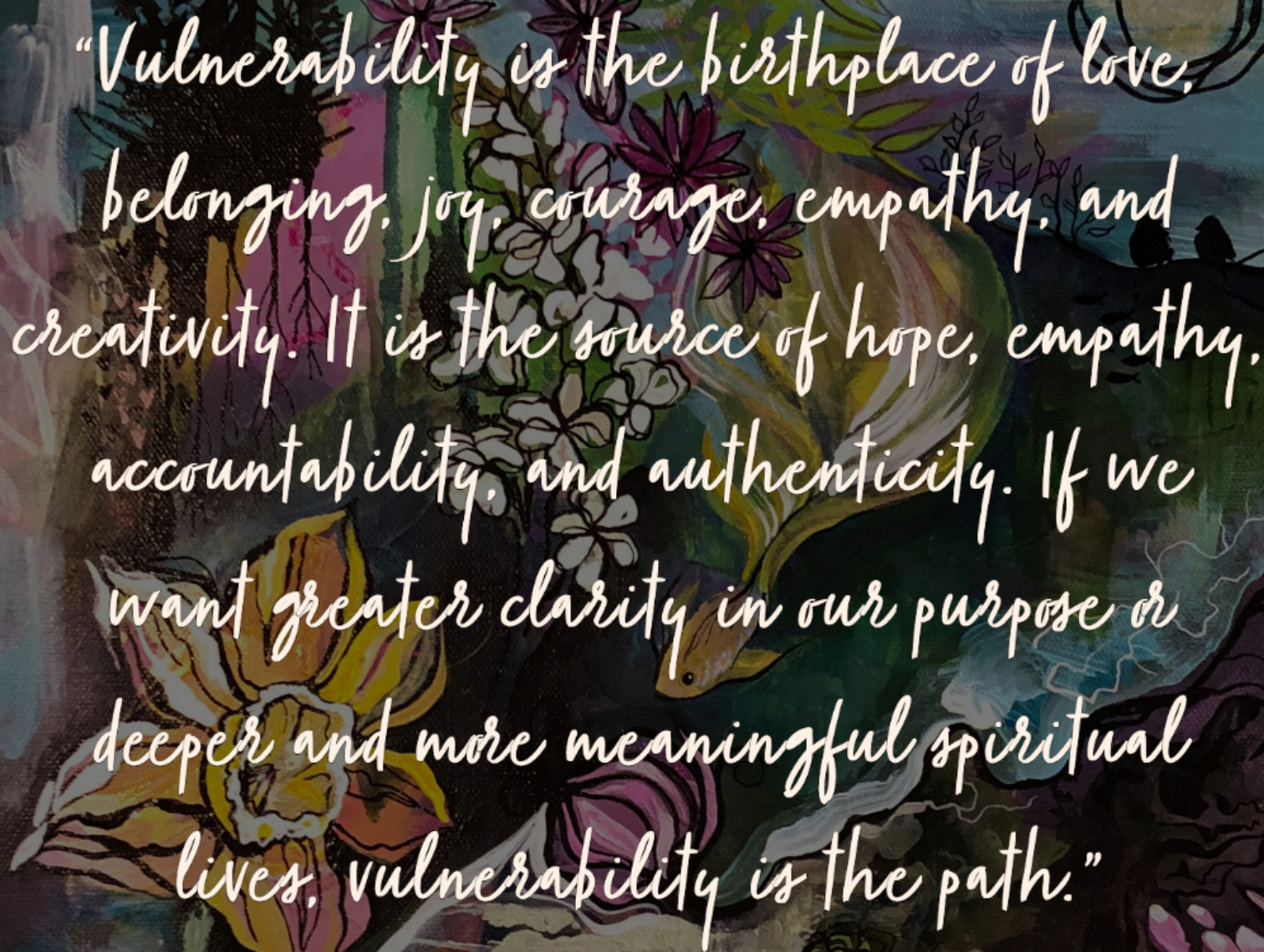
“We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions.”

- Brené Brown



*"Vulnerability sounds like truth
and feels like courage. Truth and
courage aren't always comfortable,
but they're never weakness."*

— Brené Brown



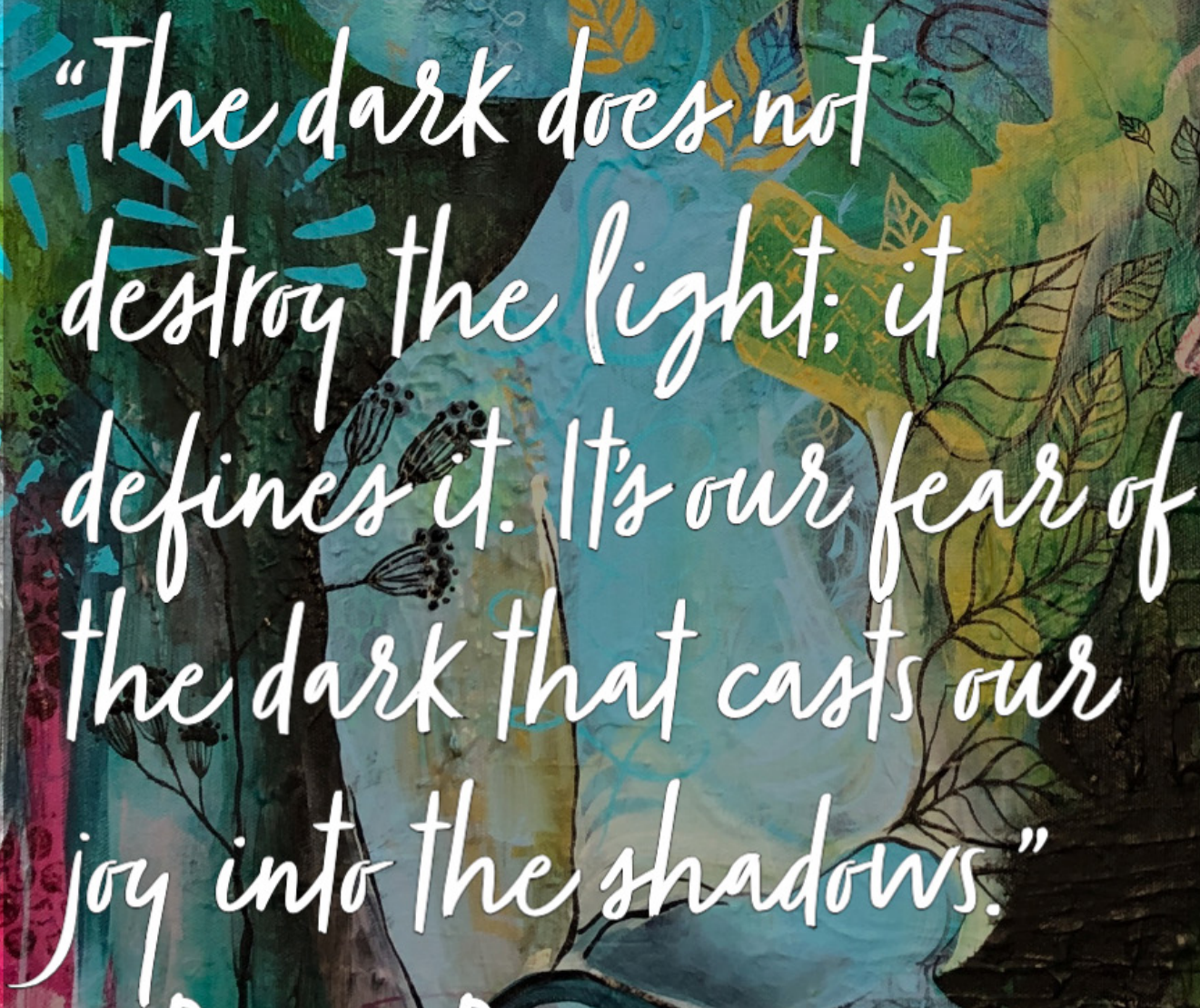
"Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path."

- Brené Brown



*"You are imperfect, you are
wired for struggle, but you are
worthy of love and belonging."*

— Brené Brown



"The dark does not
destroy the light; it
defines it. It's our fear of
the dark that casts our
joy into the shadows."

- Brené Brown