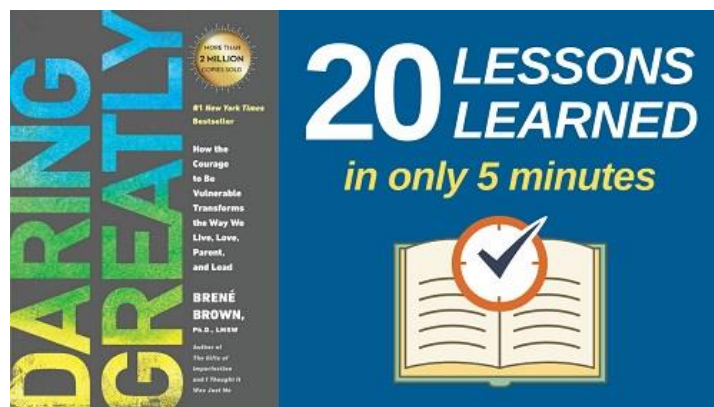


# Daring Greatly Summary (5 Minutes): 20 Lessons Learned & PDF file

Daring Greatly: Why are some people more affected when everyone experiences similar events? How do some people manage to be so relaxed even in the most difficult situations? In this Daring Greatly book summary, we answer these questions.



Courage and assertiveness are traits that can be acquired and developed over time. You can learn to stop shyness. In his book Daring Greatly, which consists of 7 chapters written by Brené Brown, she teaches how to acquire these characteristics.

## Daring Greatly Summary with 20 Lessons Learned

Here are the 20 lessons to learn from Daring Greatly Summary:

### #1 Being Ashamed

It is a feeling that arises from the feeling that we are not acting normally. It is about how we interpret the events that have happened. Receiving criticism, clumsiness, or anything we do wrong can make us feel ashamed.

### #2 Should We be Ashamed?

While it may seem good to have a sense of shame that isn't incompatible with society, being shy isn't beneficial in the long run. Embarrassment can leave you vulnerable and prevent your talent from showing.

### #3 Accepting Vulnerability

You can start by admitting that you are shy and easily influenced. Because unless you fully accept the problem, you cannot focus on the solution and you make it a habit to live by running away.

#### **#4 Tell Others**

Tell others what you have been through and how you feel. You will relax as you talk about your embarrassing moments and you will see that this is not the biggest issue in the world.

#### **#5 Emotions Aren't Harmful**

Emotions come and go. It is a momentary situation in your life. If you don't run, you'll get used to it and the effect will fade. You get stronger as you live. After a while, the issues you are afraid of becoming meaningless.

#### **#6 Repeat Until You Get Used to it**

Courage is a quality acquired over time. It can be improved. You can start with small examples of courage first. Over time you show courage in bigger things. If you continue regularly, you may find that you are improving much more than you expected.

#### **#7 Sincerity**

Do not try to pretend to be sincere to get rid of the feeling of shame. If you feel the distance between you and people, leave it that way. Don't confuse it with practice. Pretending to be someone you are not can put you in more difficult situations.

#### **#8 Being Strong**

As you open yourself up to others, you will feel empowered while at the same time thinking that you are vulnerable. Because you have nothing left to hide. There's nothing left for you to run away from. You are there with all of your imperfections.

#### **#9 Looking Weak**

There is social pressure on this issue, especially for men. Men don't cry, don't get scared, don't feel sad. When they reach the point where they cannot cope with this situation, they start to void living life. They stay away from jobs that will put them in a difficult situation. The pressure to be strong causes them to delay life.

#### **#10 Time**

As you describe yourself and reveal all your good and bad sides, you will have harder skin. Having nothing to hide gives him immense strength.

#### **#11 Shy Kids**

If you don't want to raise a shy child, let that child do his work. Let him fall, break, spill, but let him do it himself. Do not make unfounded criticisms. You will not be with him for life, so his courage should develop as soon as possible.

## **#12 Take Action**

Suggestions are important but not sufficient. Doing something that requires courage, even if it is small, will add more to you than saying “I am brave” a thousand times a day. Success comes with practice.

## **#13 Don't Fear Vulnerability**

You are not a robot. Of course, you will have your weaknesses, mistakes, and fears. So try to be open whenever possible. Do not hide your failures.

## **#14 Friends**

Do not criticize your friends when they tell you about the features that make them vulnerable or the events they have gone through. This mutual openness will make you even more comfortable. Criticizing others program your mind to constantly criticize, and you will do the most harm to yourself.

## **#15 Be Honest**

The more real you appear to people, the better your image will be. When you try to hide your mistakes, it is felt and you are perceived as a coward.

## **#16 No Problems This Time**

Keep this prejudice in mind. Repeat this inside yourself. You may think that I am deceiving myself, but your subconscious will act accordingly and ensure that things go smoothly.

## **#17 Being Normal**

No matter how you behave, none of the people you will meet in your life will agree with you. So don't try to adjust yourself to the people around you.

## **#18 Don't Treat Yourself Cruelly**

Most likely, your inner voice is incredibly critical of you every time you make a mistake. Be aware of this sound and replace it with positive words. It is normal to make mistakes. Nobody is faultless.

## **#19 Don't Generalize**

Making a mistake doesn't mean you're incompetent. Making a mistake only means you made a mistake. Forgetting the key at home does not mean you are forgetful. This indicates that you forgot the key once at home. Forgetting the key at home 5 times does not mean that you are forgetful. Let's say you are 30 years old. This shows that you forgot the key at home 5 times in your 30-year life. It doesn't mean you'll forget after that.

## #20 Don't Constantly Seek Solutions

Constantly striving to resolve your shyness makes it an obsession. You don't need to fight for this feeling of shame, which will decrease as you get older. Practice and push yourself a little every day.

## Top 10 Quotes from Daring Greatly

1. "Diagnosing and labeling people whose struggles are more environmental or learned than genetic or organic is often far more detrimental to healing and change than it is helpful."
2. "Vulnerability isn't good or bad: It's not what we call a dark emotion, nor is it always a light, positive experience. Vulnerability is the core of all emotions and feelings. To feel is to be vulnerable. To believe vulnerability is weakness is to believe that feeling is weakness. To foreclose on our emotional life out of a fear that the costs will be too high is to walk away from the very thing that gives purpose and meaning to living."
3. "Shame derives its power from being unspeakable. That's why it loves perfectionists—it's so easy to keep us quiet. If we cultivate enough awareness about shame to name it and speak to it, we've cut it off at the knees."
4. "Shame is a real pain. The importance of social acceptance and connection is reinforced by our brain chemistry, and the pain that results from social rejection and disconnection is real pain"
5. "When I talk to men and women with high levels of shame resilience, they are keenly aware of these lists. They keep those strictures in mind so that when shame starts creeping upon them, or they find themselves fully in shame, they can reality-check these "norms," thus practicing the second element of shame resilience critical awareness. They can choose consciously not to play along."
6. "One of the most powerful way that our shame triggers get reinforced is when we enter into a social contract based on these gender straitjackets. Our relationships are defined by women and men saying, "I'll play my role, and you play yours.""
7. "Preteens or tweens, though, are much different. Upper elementary school and middle school were where most of us started to try on new and different forms of protection. At this tender age, the armor is still awkward and ill-fitting."
8. "Gratitude, therefore, emerged from the data as the antidote to foreboding joy. Every participant who spoke about the ability to stay open to joy also talked about the importance of practicing gratitude."
9. "Scarcity and fear drives foreboding joy. We're afraid that the feeling of joy won't last, or that there won't be enough, or that the transition to disappointment (or whatever is in store for us next) will be too difficult. We've learned that giving in to joy is, at best, setting ourselves up for disappointment and, at worst, inviting disaster. And we struggle with the worthiness issue."

10. “Perfectionism is not the same thing as striving for excellence. Perfectionism is not about healthy achievement and growth. Perfectionism is a defensive move. It’s the belief that if we do things perfectly and look perfect, we can minimize or avoid the pain of blame, judgment, and shame. Perfectionism is a twenty-ton shield that we lug around, thinking it will protect us, when in fact it’s the thing that’s preventing us from being seen.”