Session 4: Growing Up ACEs

Stories and Opportunities to Support Children and Families
Reconnecting with ACEs
“What if we were willing to acknowledge our own hurt and pain, and in doing so did not diminish the hurt and pain of others?”

WE COULD CHANGE THE WORLD

–Brene Brown
Talking Points

- Learning Our Three Cs
- Sharing Our Stories
- Listening to Stories
- Healing and Growth in Experiences
- Limitations: Shame and Trauma
Gathering Inspiration

Brene Brown

Shame

The intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging. “I am bad.” “I am a mess.” The focus is on self, not behavior, with the result that we feel alone. Shame is never known to lead us toward positive change.

Brené Brown
Our Three Cs

Courage
Compassion
Connection

(Brown, 2010)
COURAGE

- Taking the risk of being vulnerable and disappointed
- Fostering kindness
- Empowering others to be courageous
Compassion

- Allows us to draw from our experiences
- Cultivates equality
- Can be scary-setting boundaries
- Compassion can not exist without acceptance
Connection

“Is the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.”

(Brown, 2010)
What is a shame story?

- Your history of why you developed the shame you have
- Collection of experiences, incidents and memories
- The trauma you experienced
- Something you carry with you throughout your life span
How is an ACE score any different?
How ACEs Disrupt the Three Cs

- Dismiss and deny
- No model for healthy boundaries
- Limited exposure to healthy connections in relationships
- Impacts brain development, which wires how we receive connection
Story Disruptors

- Shame
- Fear
- Resistance to vulnerability
Pause for Reflection

How does it feel to share your story with others?

How do you feel when someone shares their story with you?
Developing Shame Resilience and Story-Claiming

From The Gifts of Imperfection (Brown, 2010)

☐ Three things to know:

☐ We all have it

☐ We’re all afraid to talk about shame

☐ The less we talk about it, the more control it has
In the beginning I cried and cried and cried,
Things We Tell Ourselves (Myths of Shame)

- We’re afraid we won’t be liked or loved if people know the truth
- Shame is only reserved for those who have been through terrible trauma
- We will disappoint others
- This will define who I am
Inside-Out

- Understanding yourself-know your triggers
- Awareness of the messages you accept
- Share your story with those who deserve to hear it
- Use the word shame-and ask for what they need
Sharpening Your Story Listening Skills

- Cultivating empathy vs. sympathy
- Abandoning judgement
- Avoiding disappointment
- Finding someone to blame
- Minimizing/Avoiding
- Comparing/competing
- Avoiding “upsetting people”
- Super problem solver
a little girl who never got a chance to live.
Learning the Practice

Choose: Authentic or Inauthentic

Accepting imperfection

We are all made of strength and struggle

Believing we are enough

(Brown, 2010)
Go and Get..

- Deliberate- (Don’t shrink yourself for others)
- Inspired-(Listening to others)
- Going-(Prioritize authenticity)
We knew what we had to learn.
“People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is light from within.”

–Elisabeth Kubler-Ross
References


NumberStory.org (2021)