



# 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

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Brene Brown

## *Shame*

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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**

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**Courage  
Compassion  
Connection**

**(Brown, 2010)**



# COURAGE

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



# Compassion

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



# Connection

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**“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)**

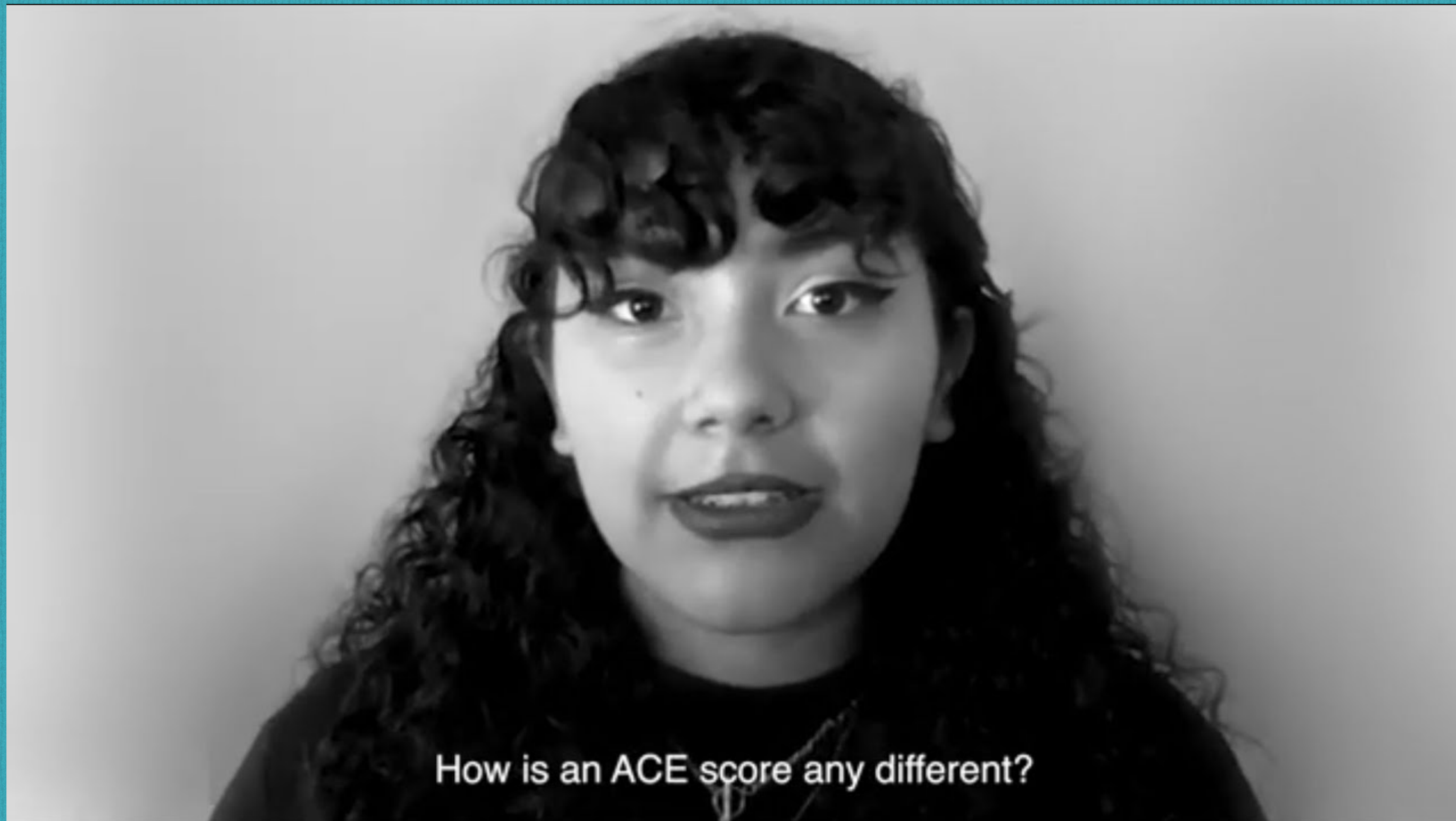


## What is a shame story?

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- ☐ 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

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- ☐ 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**

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**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

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### 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)

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- ☐ 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

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- ☐ **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**

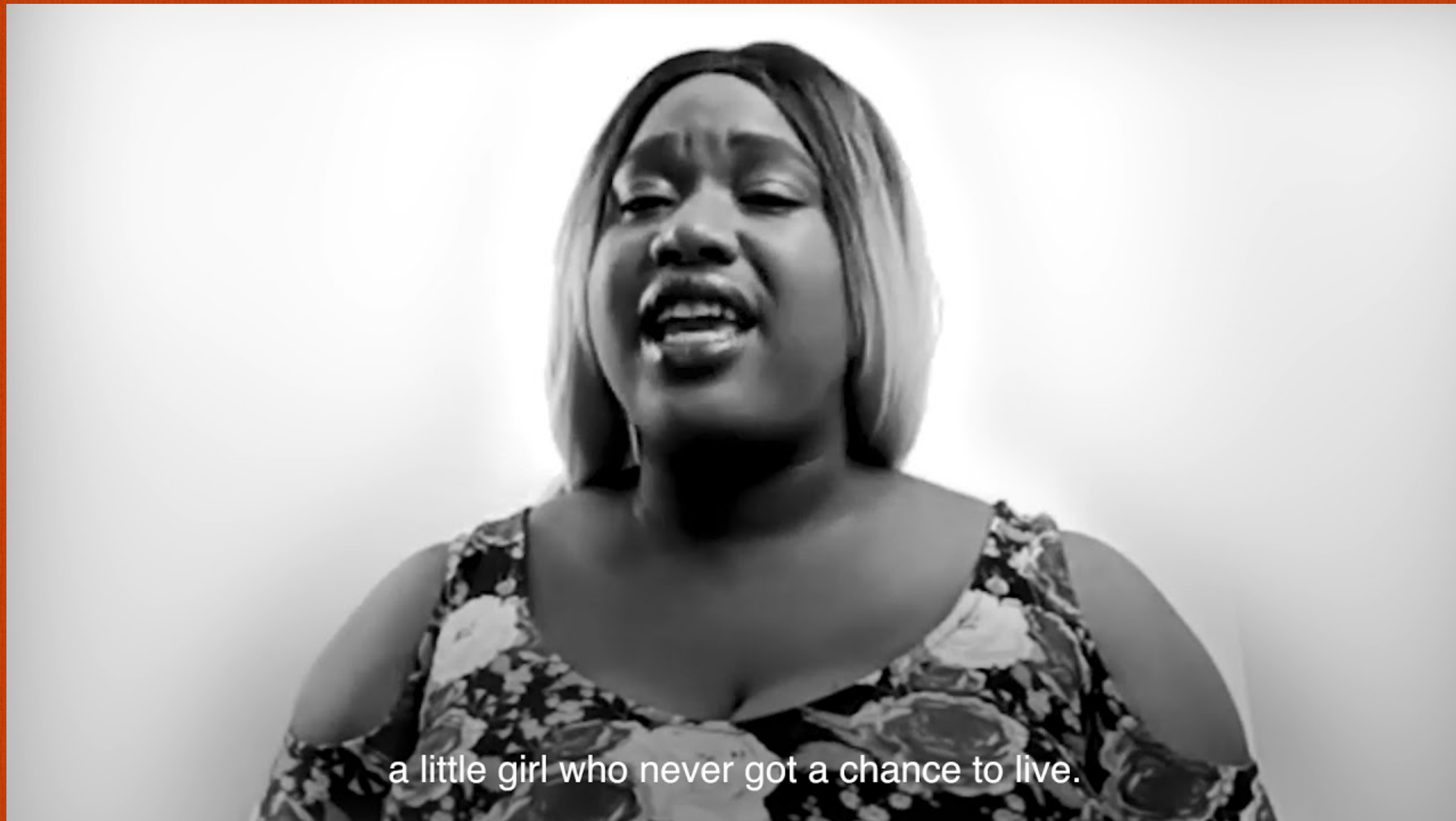


## Sharpening Your Story Listening Skills

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- ☐ 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)**

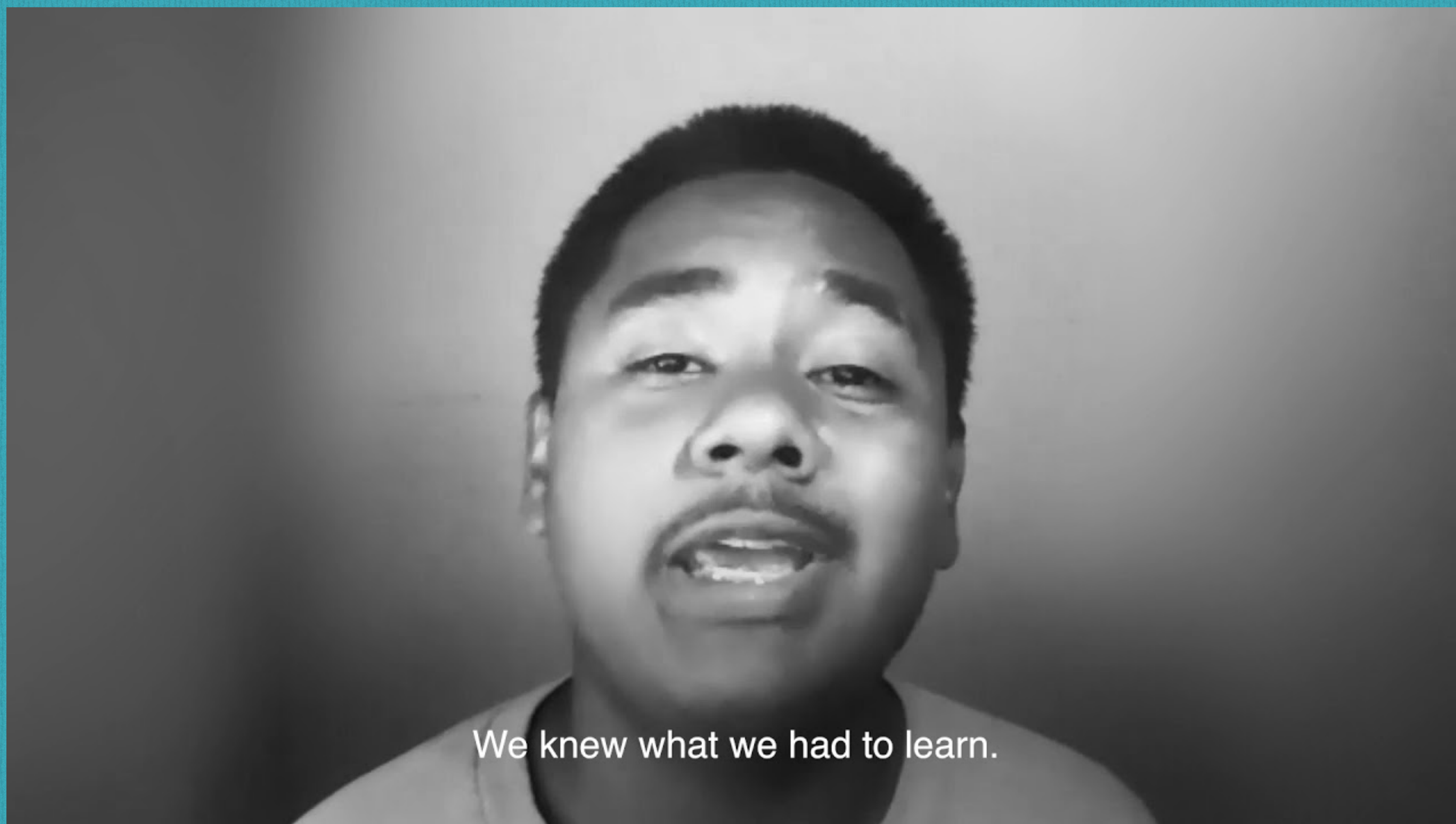


# Go and Get..

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- ☐ **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

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**Brown, B. (2010) The gifts of imperfection**

**NumberStory.org (2021)**