

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**
2. According to Brené Brown, the average person can name three emotions accurately – namely:
 - **happy**
 - **sad**
 - **angry**
3. *Emotional granularity* helps us to
 - label our emotions correctly.
 - sort our emotions into bigger categories
 - x define and get to know our feelings precisely.**
 - monitor our experiences.
4. According to Brené Brown *emotional granularity* helps to achieve a happy life. **x true** false
5. 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
 - x anger spurs on change in people.**
6. When talking about anger, Anita Rani points out that minority groups, especially women of colour, often experience that their feelings are often considered **invalid**.

7. Brené Brown is of the opinion that if you are not feeling any anger these days, you **are not paying attention.**
8. 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.**
9. Instead Brené Brown encourages her audience to **listen** and to **show interest.**
10. 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.
11. According to Brown a possible solution to this problem could be to **find back to ourselves / look inside.**
12. 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.**
13. 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.
14. 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.**

15. The presenter is surprised by Brown's classification of nostalgia as a **double-edged sword.**

16. 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

17. 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 further domestic abuse.

encourages social development.

18. Political campaigns like the "Make America Great Again"- campaign drew on an image of an America that seemingly existed in the 1950s.

× true false

19. Brené Brown argues that *ruminating* can be dangerous because it

causes depression.

× sparks anger and envy.

ostracizes people.

has already caused violent attacks.

20. 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.

21. What does Brené Brown do to "invite" positive emotions into her life:

- **playing tennis / family dinners / laughing with her sisters**

