Listening – Belonging / Brené Brown / BBC 4 Woman’s Hour

**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:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)

1. According to Brené Brown, the average person can name three emotions accurately – namely:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)

1. *Emotional granularity* helps us to

🞏 label our emotions correctly.

🞏 sort our emotions into bigger categories

🞏 define and get to know our feelings precisely.

🞏 monitor our experiences.

1. According to Brené Brown *emotional granularity* helps to achieve a happy life. 🞏 true 🞏 false
2. 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

🞏 anger spurs on change in people.

1. When talking about anger, Anita Rani points out that minority groups, especially women of colour, often experience that their feelings are often considered \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1).
2. Brené Brown is of the opinion that if you are not feeling any anger these days, you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1).
3. Throughout the research for her book, Brené Brown has come to the conclusion that it is not possible to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1) because it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1).
4. Instead Brené Brown encourages her audience to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1) and to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1).
5. 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:

\_\_\_\_\_\_\_\_\_ - people are afraid to admit that they lead a privileged life.

\_\_\_\_\_\_\_\_\_ - people don’t want to feel uncomfortable.

\_\_\_\_\_\_\_\_\_ - people are afraid to admit that their idealistic view of their

country is wrong.

\_\_\_\_\_\_\_\_\_ - people are afraid that they bear part of the blame.

1. According to Brown a possible solution to this problem could be to

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1).

1. Belonging is often mistaken as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)

and if we sincerely belong, we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)

According to Brown, belonging is about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)

1. 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.

1. According to Brené Brown contempt is worse than anger because it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(1). Even though Brown defines herself as an evolved person, she still feels contempt towards certain parts of society – namely: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(1).

1. The presenter is surprised by Brown’s classification of nostalgia as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(1).
2. She uses the example of a scene from “Ratatouille” to illustrate the beautiful side of nostalgia. Bring the events in their correct order:

\_\_\_\_\_\_ - the food critic is moved to tears

\_\_\_\_\_\_ - the rat chef serves a simple dish

\_\_\_\_\_\_ - the food critic vividly remembers his childhood.

\_\_\_\_\_\_ - the food critic examines the restaurant

1. 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 furthers domestic abuse.

🞏 encourages social development.

1. Political campaigns like the *“Make America Great Again”-* campaign

drew on an image of an America that seemingly existed in the 1950s.

🞏 true 🞏 false

1. Brené Brown argues that *rumination* can be dangerous because it

🞏 causes depression.

🞏 sparks anger and envy.

🞏 ostracizes people.

🞏 has already caused violent attacks.

1. Last but not least, Brown also talks about positive emotions and according to her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1) is the key to experience a happy life.
2. What does Brené Brown do to “invite” positive emotions into her life:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1)