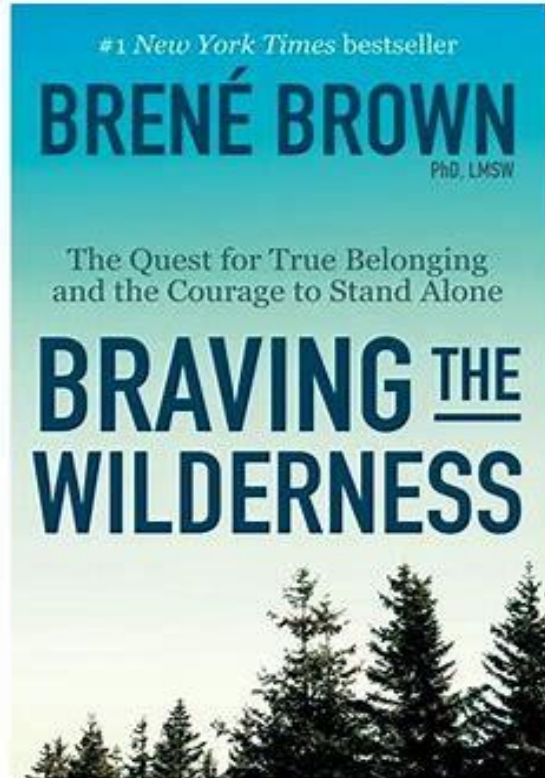


Navigating Life Transitions

Braving the Wilderness by Brené Brown



A book review through
the lens of a
Psychotherapist.

Education

MSW Catholic University
of America

PhD Catholic University of
America

Academic Appointment

Assistant Professor
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Clinical Experience

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Dr. Dawn Higgins, LCSW

3 Ways of Knowing

✿ Personal Experience

✿ Experience in the Field

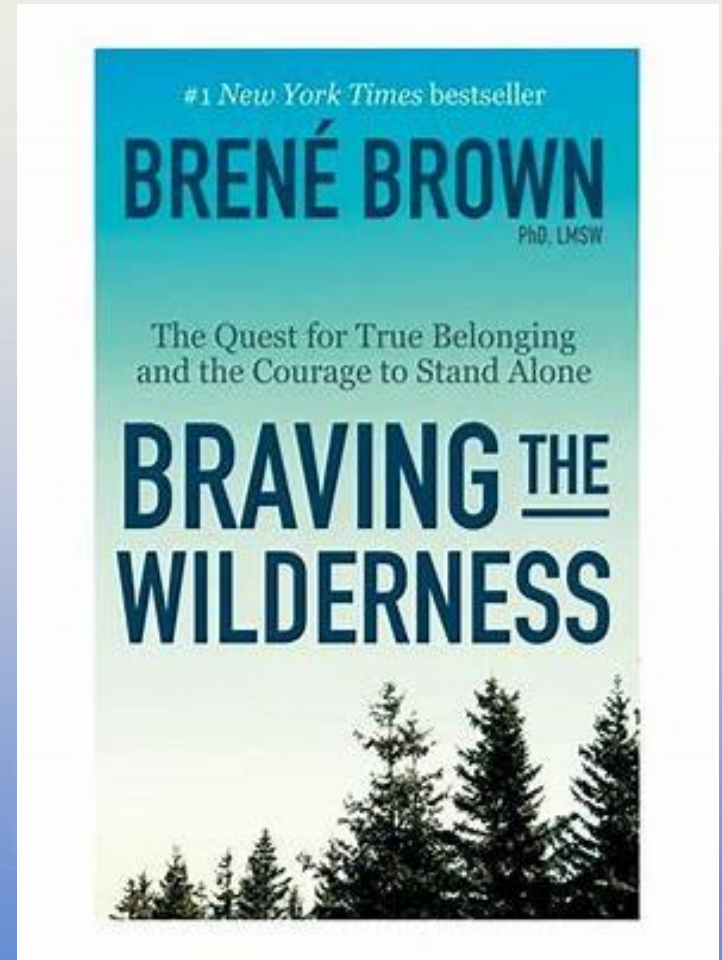
✿ Academic Research

Brene Brown, PhD

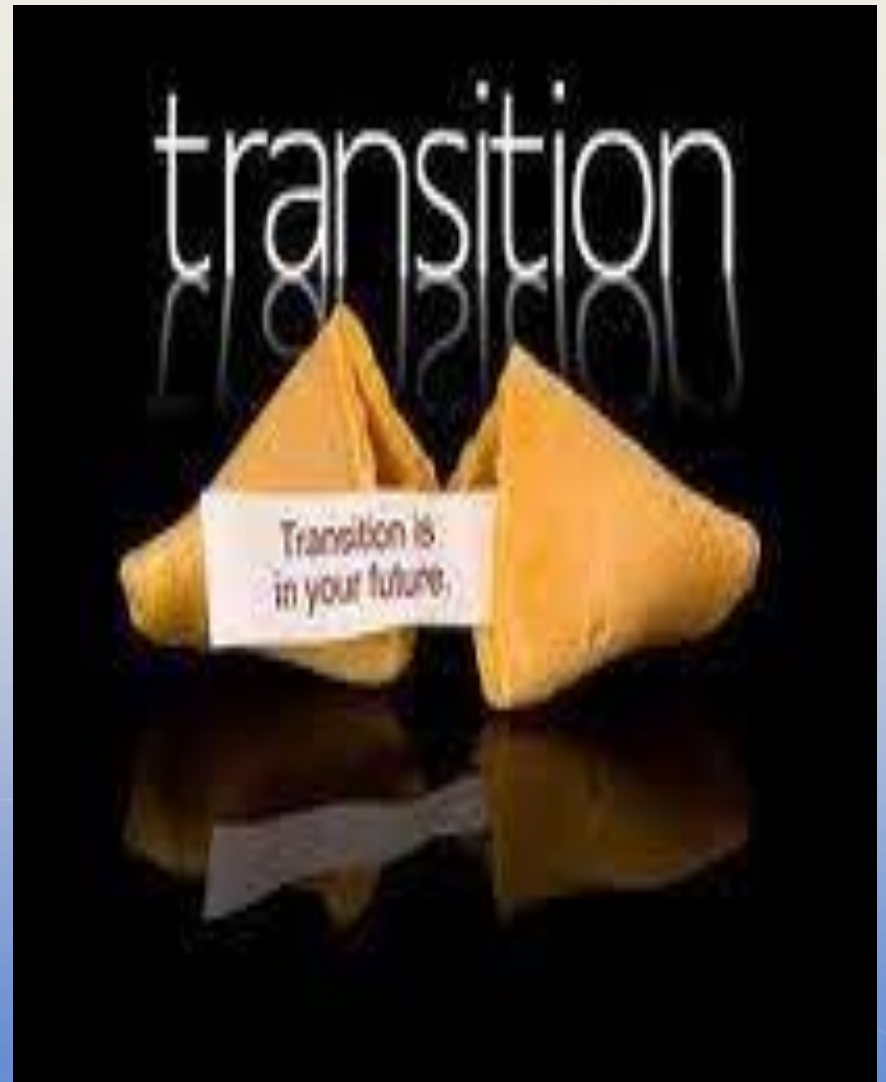
Grounded in her Research on
Shame, Vulnerability, and True
Belonging

Shares Personal Stories

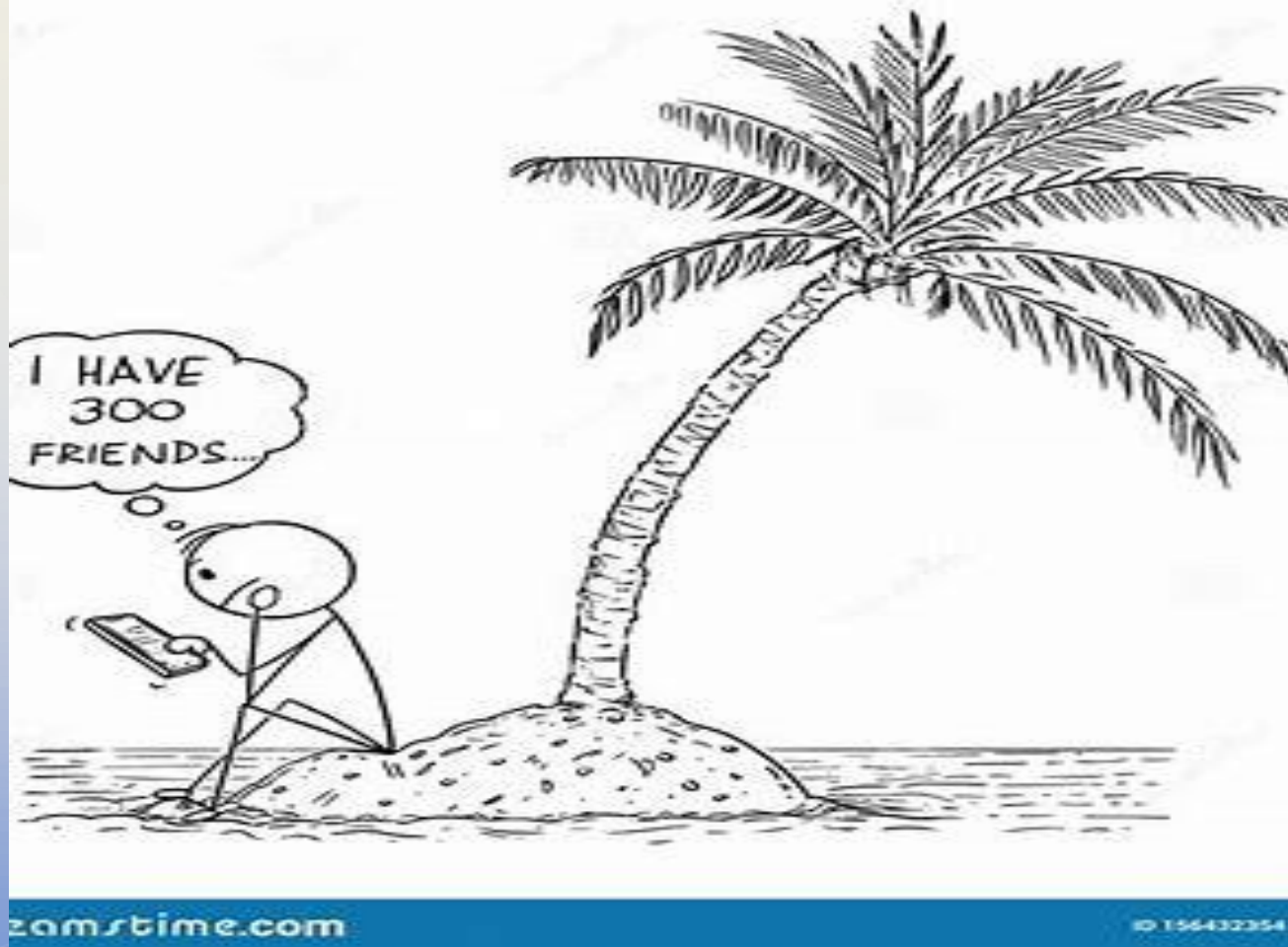
Discusses other Research in
the field



- ✿ New Job/Losing Job
- ✿ Getting Married/Divorced
- ✿ Milestone Birthdays
- ✿ Empty Nest
- ✿ COVID-19
- ✿ Relocating
- ✿ Loss of a Loved One
- ✿ Serious Illness
- ✿ Retirement



What are Life Transitions?



Life Transitions can feel Isolating and Lonely.

**What is the
difference between**

**Being alone
vs
Being lonely?**



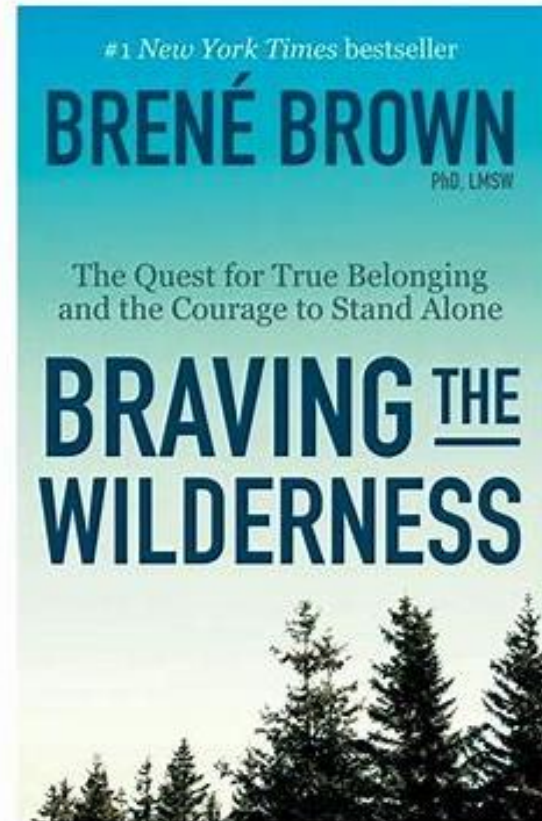
**Being Alone can be a
Powerful Healing thing.**

**Loneliness is
the absence
of
meaningful
social
interactions**



The Main
Theme from
her Research:

The
Importance of
True
Belonging



What is True Belonging?

To be part of something, but not at the cost of authenticity, freedom, or power.



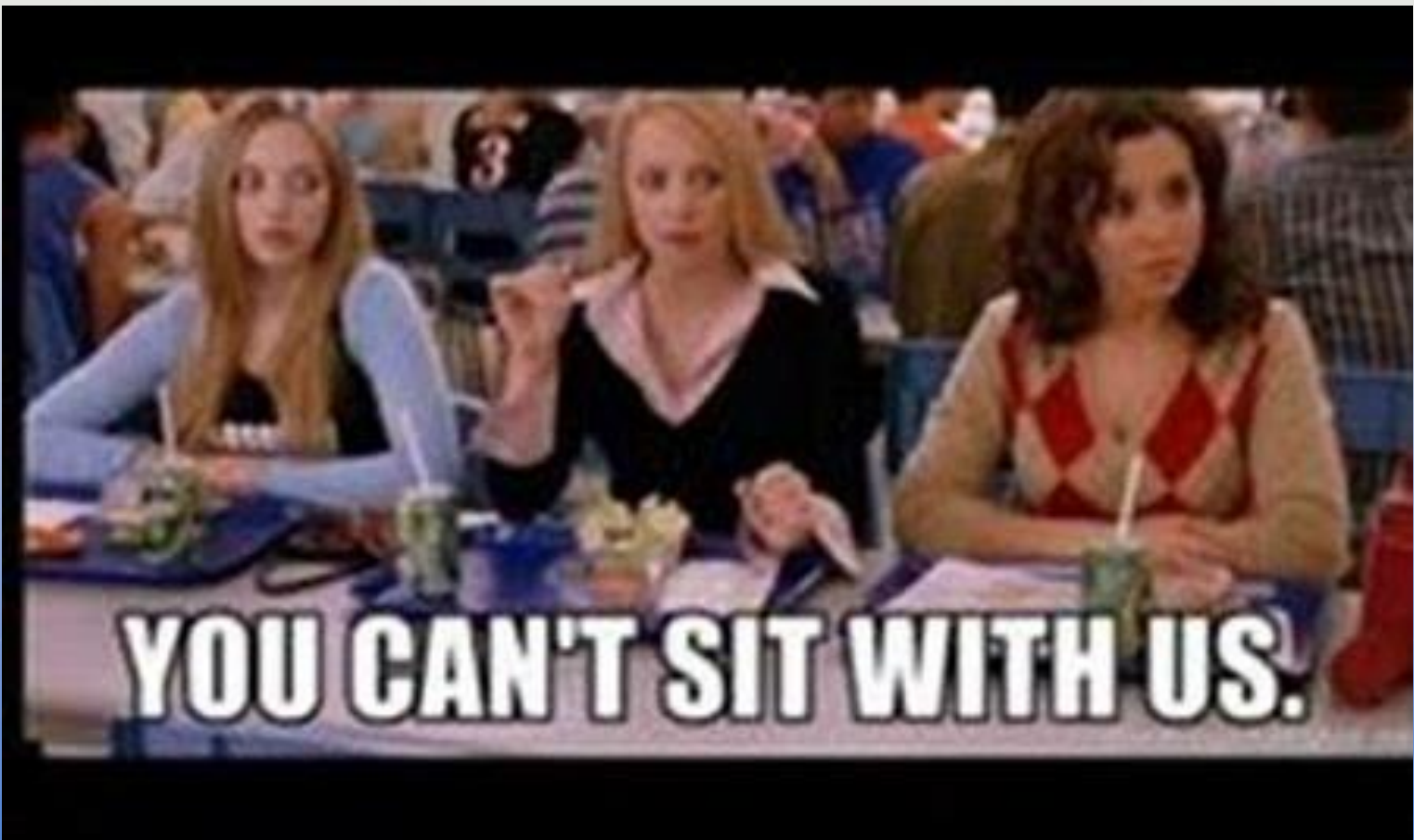
*I think the answer is yes, but first
let me get some social validation.*

The Quest for True Belonging

True Belonging doesn't require you to **change** who you are; it requires you to **be** who you are.

**Sometimes, we must
stand alone in our
decisions and beliefs
despite our fear of
criticism and rejection.**

The Wilderness



Response to Shame

Move Away
Move Toward
Move Against

Antidote to Shame

Empathy

Fosters Shame

Secrecy

Silence

Judgement

"you should be like me."



fit in

loss of
Customs,
Culture &
Self-identity



become like
the majority

ASSIMILATION

ACCULTURATION

@Valentina25L
Valentina Gonzalez

belong

be yourself
among others



balance
cultures

The Salad Bowl

"Our differences
make us better."

“ True belonging and self-worth are not goods;
we don't negotiate their value with the world.
The truth about who we are lives in our hearts.
No one belongs here more than you.

~ Dr. Brené Brown

*Braving the Wilderness: The Quest for True
Belonging and the Courage to Stand Alone*

Boundaries

Reliability

Accountability

Vault

Integrity

Non-Judgment

Generosity

The
Braving
Checklist

The Vault

Did I respect the vault and share appropriately?

Non-Judgment

Did I ask for what I needed?

Was I nonjudgmental about needing help?

What do Kids think about Belonging?

A group of 8th graders were asked:

“What is the difference between fitting in and belonging?”

**Belonging is being somewhere
where you want to be, and they
want you. Fitting in is being
somewhere where you want to be,
but they don't care one way or
the other.**

**Belonging is being accepted for
you. Fitting in is being accepted
for being like everyone else.**

**If I get to be me, I belong. If I have
to be like you, I fit in.**

Things to Put Into Practice

**What is one decision you made
that made your Life better?**

Self-Reflection

**When was the last time
you felt
TOTAL Satisfaction?**

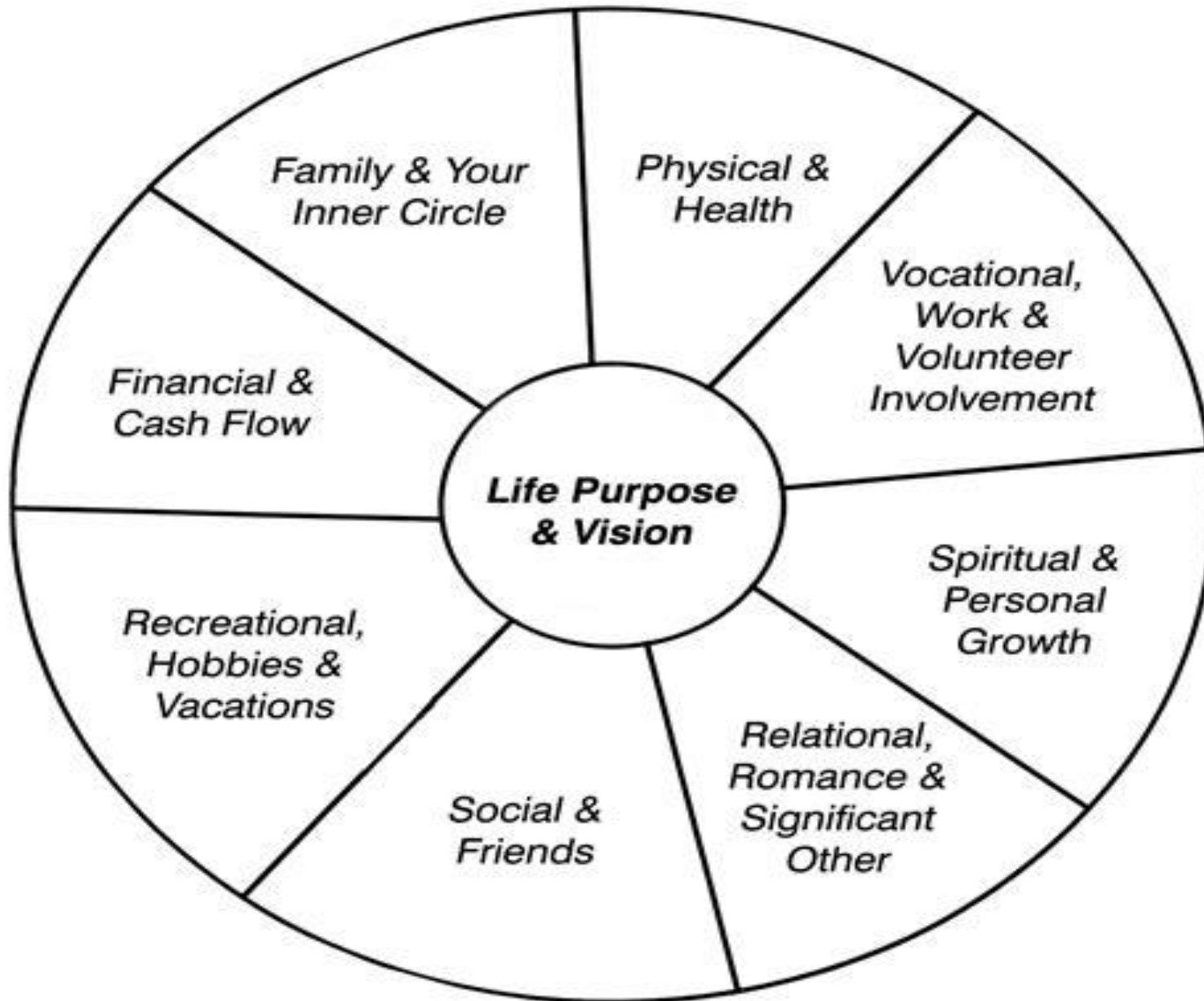
**What is the Most Difficult
Emotion for People?**

Joy

Catastrophic Thinking

the Dress Rehearsal

The Life Wheel



Mindfulness Practice

What is One thing I am **THANKFUL** for
TODAY?



MINDFULNESS COACH

https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

Mindfulness

Recommended Books

- ❁ *Adult Children of Alcoholics* by Dr. Janet Woititz
- ❁ *When the Body Says No* by Dr. Gabor Mate
- ❁ *When Things Fall Apart* by Pema Chodron
- ❁ *The Dance of Anger* by Harriett Lerner
- ❁ *Landslide* by Susan Conley

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