SHARED VULNERABILITY pdf

1: 20 Inspirational Quotes on Vulnerability

Vulnerability is key to connection because it is the courage to be open to another human. It's saying the words that are pressing from the inside. It's opening yourself up to somebody getting closer.

Love is filled with uncertainties and risks. As Brown notes, the person you love might or might not love you back. They might be in your life for a long time or they might not. They might be terrifically loyal or they might stab you in the back. Think about the vulnerability it takes to share your ideas with the world, not knowing how your work will be perceived. You might be appreciated, laughed at or downright skewered. But what can make it even harder â€" needlessly so â€" are the inaccurate assumptions we hold about it. Brown shatters the following three myths in Daring Greatly. According to Brown, the funny thing about vulnerability is that we love when others are open and honest with us. But when it comes time for us to share, we sort of freak out. Suddenly, our vulnerability is a sign of weakness. Brown describes vulnerability as the core of all emotions. But being vulnerable connects us with others. It opens us up to love, joy, creativity and empathy, she says. Plus, when we look at what makes up vulnerability, we quickly start to see the opposite of weak. In the book Brown shares the various responses she received after asking her research participants to finish this sentence: Rather, the choice is how we respond when the elements of vulnerability greet us: Many of us respond by avoiding vulnerability. For instance, you just got a promotion at work. Vulnerability means spilling your secrets. Some of us automatically balk at vulnerability because we assume that being vulnerable means wearing our secrets on our sleeves. I worry when I put my writing â€" and thereby myself â€" out into the world. What will readers think? Is that sentence stupid? Will they like the article? Will they hate it? But for me to stop writingâ€" and sharing my writing â€" would mean losing a pivotal part of myself. I love what Brown concludes about daring greatly. What are your thoughts on vulnerability? Did you previously view the above myths as facts? She also explores self-image issues on her own blog Weightless and creativity on her blog Make a Mess:

2: 3 Myths about Vulnerability

Vulnerability can be our super power — sharing doubts takes a tremendous amount of courage and character and is part of what makes life so rich and interesting. For leaders who want to inspire and activate their teams: show your human side.

At some level, we intuitively know that vulnerability tends to spark cooperation and trust. But we may not realize how well this process works, particularly when it comes to group interactions. Jeff Polzer , a professor of organizational behavior at Harvard, has spent much of his career examining these seemingly insignificant social exchanges. And if that behavior becomes a model for others, then you can set the insecurities aside and get to work, start to trust each other and help each other. If you never have that vulnerable moment, on the other hand, then people will try to cover up their weaknesses, and every little microtask becomes a place where insecurities manifest themselves. It makes a huge difference in the outcome. Vulnerability loops seem swift and spontaneous, but they all follow the same steps: Person A sends a signal of vulnerability. Person B detects this signal. Person B responds by signaling their own vulnerability. Person A detects this signal. A norm is established; closeness and trust increase. Each signal takes only a few seconds to deliver. Scientists have designed an experiment to do exactly that, called the Give-Some Game. Each token is worth a dollar if you keep it but two dollars if you give it to the other person. The game consists of one decision: How many tokens do you give the other person? This is not a simple decision. If you give all, you might end up with nothing. Most people give an average of 2. Leaping into the unknown, when done alongside others, causes the solid ground of trust to materialize beneath our feet. In one experiment, subjects were asked to deliver a short presentation to a roomful of people who were instructed by experimenters to remain silent. They played the Give-Some Game afterward. You might imagine that the subjects who endured this experience would respond by becoming less cooperative, but the opposite turned out to be true: That moment of vulnerability did not reduce their willingness to cooperate but boosted it. The inverse was also true: We think about trust and vulnerability the way we think about standing on solid ground and leaping into the unknown. First we build trust, then we leap. How would you go about finding ten large red balloons deployed at secret locations throughout the United States? The immensity of the task — ten balloons in 3. The vast majority took a logical approach to the problem. They built tools to attack it. They constructed search engines to analyze satellite photography technology, tapped into existing social and business networks, launched publicity campaigns, built open-source intelligence software, and nurtured communities of searchers on social media. A group of students, led by postdoctoral fellow Riley Crane, realized they had no time to do anything that resembled an organized approach. Instead, they took a different tack. They built a website that consisted of this invitation: Have all your friends sign up using your personalized invitation. If anyone you invite, or anyone they invite, or anyone they invite. There was no organizational structure, strategy or software. It was closer to a hastily scrawled plea shoved into a bottle and lobbed into the ocean of the Internet: For a few hours, nothing happened. Viewed in time lapse, the spread of connections resembled the spontaneous assembly of a gigantic nervous system, with hundreds of new people joining the effort with each hour. Thousands of teams swung into action, and the organizers settled in to wait: Eight hours, fifty-two minutes, and forty-one seconds later, it was over. The other teams had used a logical, incentive-based message: Join this project, and you might win money. If you tell others about the search, you are reducing your chances of winning prize money. The MIT team, on the other hand, signaled its vulnerability by promising that everyone connected to finding a balloon would share in the reward. Then it provided people with the opportunity to create networks of vulnerability by reaching out to friends, then asking them to reach out to friends. The team did not dictate what participants should do or how they should do it; it gave out the link and let people do what they pleased. And what they pleased was to connect with lots of other people. Cooperation does not simply descend out of the blue. It is a group muscle that is built according to a pattern of repeated interaction. Most of us see vulnerability as a condition to be hidden. But when it comes to creating cooperation, vulnerability is not a risk but a psychological requirement. It lets us work as one unit. Sometimes they were small, quick exchanges.

Sometimes they were truly dreadful. The signal being sent was the same: You have a role here. It is a group muscle that is built according to a specific pattern of repeated interaction, and that pattern is always the same: Excerpted with permission from the new book The Culture Code: A Season in Projects," and other books.

3: How showing vulnerability helps build a stronger team |

The term shared vulnerability describes the process parents/caregivers used to manage caring for children with persistent head lice. Shared vulnerability expresses the experience of suffering the same openness to injury as their child.

4: Creativity and psychopathology: a shared vulnerability model.

A client recently shared a video with me that shows what you would see walking though a hospital—patients on gurneys, visitors in waiting rooms, doctors and nurses going about their duties. There's nothing out of the ordinary, except that in each case a bit of text appears on the screen which reveals the inner vulnerability of a person.

5: Penetration Testing - Amazon Web Services (AWS)

a shared vulnerability model 6khooh\ + &duvrq 3k' -rkq)ruehv 1dvk pdwkhpdwlfldq 1reho 3ul]h zlqqhu dqg shuvrq gldjqrvhg zlwk vfkl]rskuhqld zdv rqfh.

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