

**B.R.A.V.I.N.G.**

*Braving the Wilderness*, by Brené Brown

Boundaries – clear; when boundaries are not clear, ask  
I hold my boundaries and respect your boundaries.  
consent – must be willing to accept “no”

Reliability – consistent over time; trustworthy; aware of competencies and limitations  
not hustling for worthiness

Accountability – blaming, humiliation and dehumanization are not acceptable  
When I make a mistake, I own it, apologize, & make amends, and expect the same from others.

Vault – confidentiality  
I don't talk about you to others or about others to you.  
gossip is a bid for connection  
civility honors confidentiality

Integrity – choosing courage over comfort  
choosing what is right over fun, fast and easy  
practicing my values; not just professing them

Non-judgment – asking for help without self-judgment of myself and without judgment of the person  
asking me for help

Generosity – assuming positive intent and giving the benefit of the doubt

At the end of the day,  
at the end of the week,  
and at the end of my life,  
I want to be able to say that I contributed more than I criticized.

~ Brené Brown