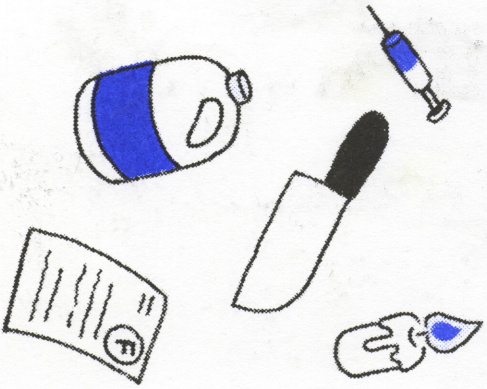


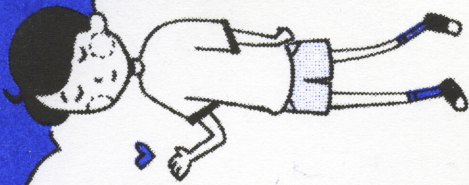
open  
heart

The world is full of  
things that can hurt us.



That's just how life is.

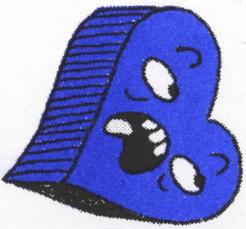
Celia Bean 2018  
University of Utah  
based on a TED Talk by  
Brene Brown



the  
end

allowing yourself to  
be vulnerable is

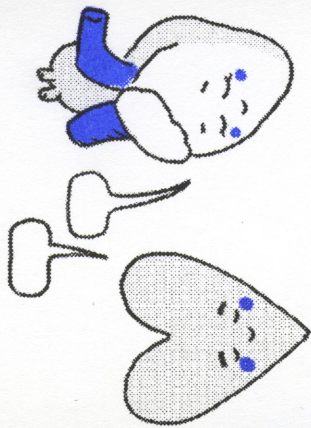
**SCARY**



DON'T  
GET  
TOO  
CLOSE!

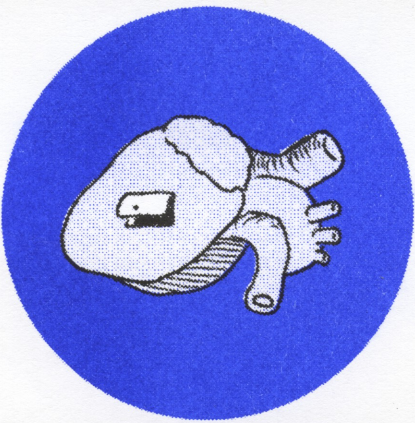
it's easier to isolate  
yourself than risk pain.

but it is the birthplace  
of love.

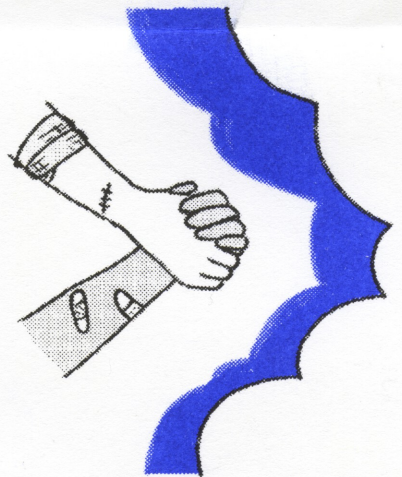


Vulnerability takes  
courage,

but when we open our  
hearts,



it opens the door for  
true human connection.

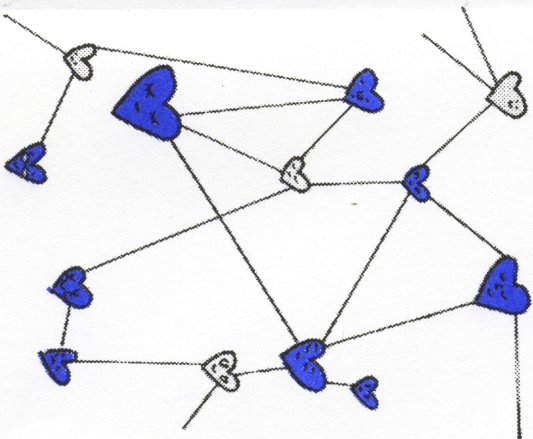


helps us heal others.

Finding true connection

heals us, and

and connection...



... is why we're here.