

## Openness

### Quote

We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion. Max de Pree

<http://www.brainyquote.com/quotes/quotes/m/maxdepree125756.html#8RTKiQIbdlytuA07.99>

### Bible Verse

All my longings lie open before you, O Lord; my sighing is not hidden from you. Psalm 38:9

### Inspiration

Listening to shame

<http://www.youtube.com/watch?v=psN1DORYYV0>

### Journaling

Brene Brown has written about vulnerability and shame. Her book 'The Gifts of Imperfection' is excellent. I haven't read her new one 'Daring Greatly' yet but I'm sure it is great.

How willing are you to be open with others and risk being vulnerable? Have there been times when you were vulnerable and you got hurt? If so, how have you dealt with it?

### Technique Challenge

Using shaving cream to make a background.

<http://www.youtube.com/watch?v=xldePbRuS0k>

Faux shaving cream technique

<http://www.youtube.com/watch?v=RhqaoR-aAVA>

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