Ismayil Seyidov

Eng101

 31/1/2017

The Physics of vulnerability

 In life, everyone is vulnerable to something. When we say vulnerable person first thing comes to people’s mind is weak and fragile person but actually is other way around. This text is about different interpretation of vulnerability. It talks about courage; bravery spiritualism and etc. For example, Courage is what makes individuals try out things that are likely to harm them. From the text, we see that people need to brave, and not fear failing. It is worth to be brave since it shows a person had enough courage to try things that exposed him to dangers. At least you didn’t give up without trying.

One of the main key concepts of the text is that we are connected to each other with stories. Stories play major role in our life. Somehow when people share their stories of struggles they feel more alive and satisfied, at the same time it connects people to each other. In the text “The Physics of Vulnerability” by Brene Brown she states “we do this because we feel the most alive when we are connecting with others and being brave with our stories”. This statement illustrates us how happiness comes from connecting with each other and shows us the importance of stories. Telling stories have a huge effect in our brain, which make our brains release cortisol and oxytocin. These chemical also produced in brain when an individual on drugs. Story telling is in human DNA and it something relating with human biology. When humans face obstacles in life they feel stressed and they seek for someone to share their struggles. I think one of the main reasons why humans appreciate stories because it helps them to reach out to other people who can read and listen their stories. That makes them not feel alone at the same time make them less anxious because of their problem.

 Another thing mentioned in the text is how to overcome obstacles. Every one has their own capabilities and obstacles to overcome. In order to achieve what you want, you must always put your everything for it and not be scared of failure. Whenever we find ourselves down after failing, what we need to do is recover and come back stronger. There are two kinds of people. Those who decide to do nothing after failing and to stay where they are for years. They are afraid of failure and due to that they will not be able to discover their capabilities. However, there are those who are able to recover immediately when they fail. These kinds of people do not fear failure. They are brave enough to keep on trying no matter the number of times they fail. Through numerous failures, these people discover their capabilities and the obstacles they need to overcome after that it gets easier use of their capabilities. These individuals end up being successful in life because of their bravery. Based on these aspects, it is evident that the only way a person can discover his capabilities is to be brave enough to try again after failing.

 Another main thing in the text is courage. Writer states “courage is contiguous” (Brown, 10). This statement means you courage doesn’t only affect on you but also affects on others. When an individual is brave and have courage to take risks for his or her life it motivates people around them. Most of the people are scared to try something new and follow their own path. We all have role models who motivate us and encourage us. When we look at their life we realize their courage makes them unique. These people made changes and they will be remembered because of their courage.