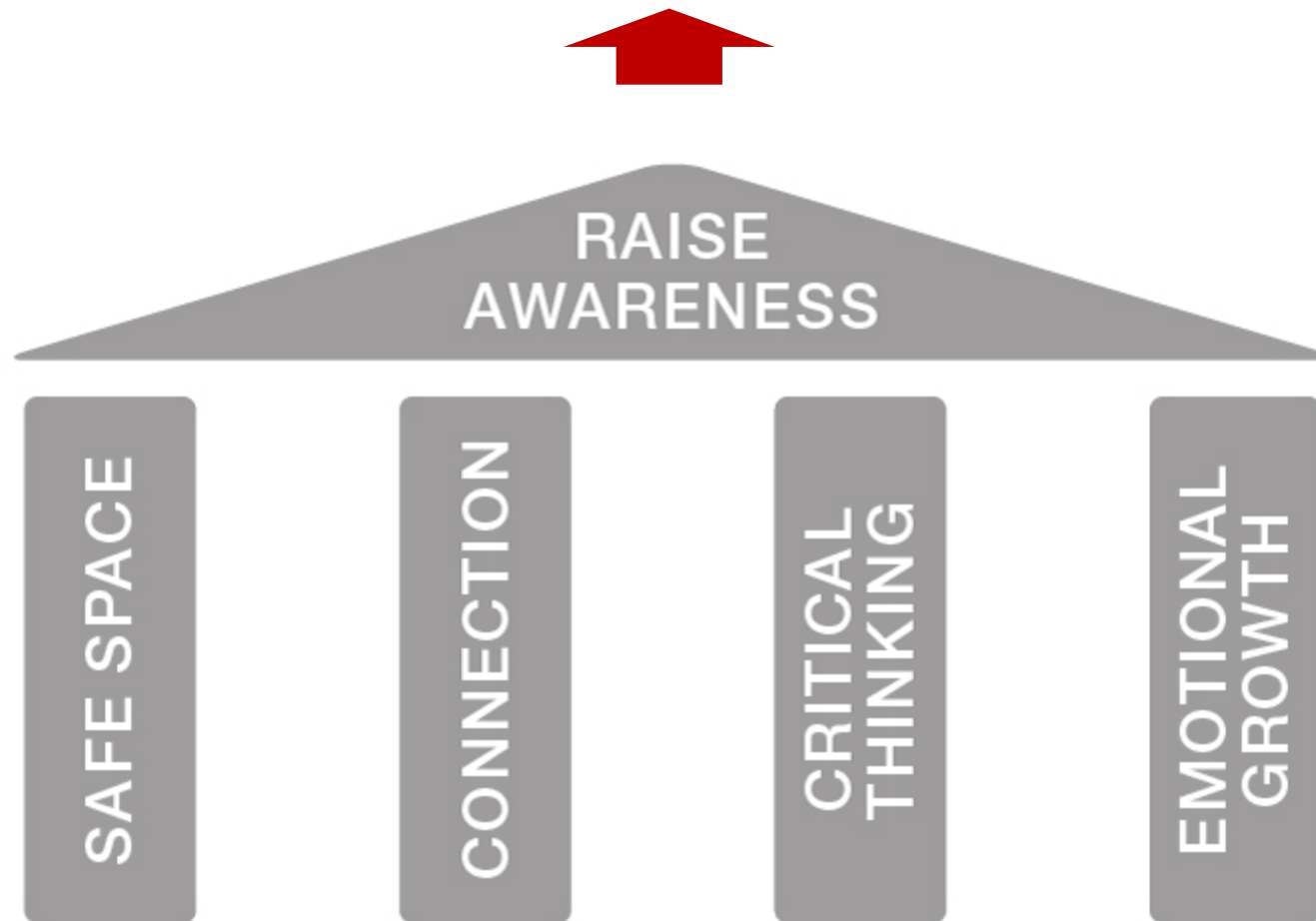


**THINKING  
BOX**

# A world that works for everyone





## Listening to shame – Brene brown

- **Vulnerability = weakness or courage?**
  - Birthplace of innovation, creativity and change?
- **Shame v guilt – what is the difference?**
- **How does shame affect us?**
  - Is shame an epidemic?
- **How is shame triggered in men/women?**
- **How is empathy the antidote to shame?**
  - Versus: secrecy, silence and judgement
- **Vulnerability is the way back to each other**
  - Do you wait to be perfect?
  - Do people want perfect or someone just daring greatly?

Guilt (behaviour)	Shame (self)
Sorry I made a mistake	Sorry I AM a mistake

Shame correlated with:
Addiction, depression, violence, bullying and aggression

Women	Men
Unattainable, conflicting expectations	Do not be perceived as weak



## Dan Ariely: Small step ideas for better participatory democracy

- **Vote where 5% of your income tax goes**
  - From a list of all the things the government does
    - Helps raise awareness too!
- **Vote for more than one person**
  - Assign your vote to other people in society
  - For certain topics
- **Vote on principles (not individual policy items)**
  - Eg On inequality distribution level (Genie coefficient)
  - (John Rawls) What society do you want which you would be happy to join at any point?
  - Veil of ignorance
- **How might these or other small steps be taken?**
- **What other ideas do you have?**