



# Notes on Belonging

A collection of illustrated  
notes recorded by  
Chief Experience Officer,  
Adam Rosendahl

LATE NITE ART

eBook

## So, this is an experiment.

Usually, I keep my visual notes to myself. But lately, after witnessing a wide range of speakers ponder the theme of “belonging”, I feel inspired to share some of the highlights. I’ve compiled a series of illustrations showcasing three of my favorite thinkers: Dr. Brené Brown, Krista Tippett, and Marc Brackett. All of them are on the forefront of research on inclusion and emotional intelligence, and its impact on our workplaces, communities, homes, and lives.

**Marc Brackett** is the Founding Director of the Yale Center for Emotional Intelligence.

**Dr. Brené Brown** is an author and research professor at the University of Houston.

**Krista Tippett** is a Peabody award winning journalist and author. She is the creator and host of the public radio program On Being.

At LATE NITE ART, our mission is to create experiences that humanize people, and prompt them towards growth. For this, we use creativity and imagination as a tool to break barriers that prevent us from connecting across differences. We strive to design a common ground for important conversations to happen. Whether facilitating a group of executives or global entrepreneurs, engineers or university students, I often wonder, “What does it feel like for someone to belong? And how might we create that feeling in a micro moment?” These illustrated notes capture some possibilities. [After all, we are genetically wired to belong.](#)

I hope you enjoy these creative outbursts, and are moved to action.

Warmly,



Adam Rosendahl, Founder & Chief Experience Officer



ONE OF THE GREATEST CASUALTIES OF TRAUMA IS THE LOSS OF THE ABILITY TO BE VULNERABLE.

HOLD HANDS WITH STRANGERS  
FIND MOMENTS OF COLLECTIVE JOY & PAIN. YOU CANNOT SEVER THE CONNECTION BETWEEN US - BUT YOU CAN FORGET THAT IT EXISTS.

IF YOU DON'T ACKNOWLEDGE THE PAIN YOU'VE CAUSED, SPECIFICALLY, AND YOU DON'T MAKE AMENDS FOR IT - THERE'S NO **APOLOGY**

THERE IS NO COURAGE WITHOUT VULNERABILITY

SETTING BOUNDARIES SOUNDS COMPLICATED - BUT IT'S REALLY NOT: IT'S SIMPLY "HERE'S WHAT'S OK. & HERE'S WHAT'S NOT OK."

WE ARE DESPERATE FOR **CONNECTION** AND BELONGING.

WE'VE GOT TO STOP WALKING THROUGH THE WORLD LOOKING FOR THE CONFIRMATION THAT WE DO NOT

**BELONG.**  
THIS IS SOMETHING WE CARRY IN OUR HEARTS.





NOT BELONGING IN OUR FAMILIES, IS ONE OF OUR GREATEST **HURTS**.

**PEOPLE ARE HARD TO HATE CLOSE UP.** STAY CURIOUS. MOVE IN.

WE ARE NEUROBIOLOGICALLY HARD-WIRED FOR BELONGING & CONNECTION - YET THE 1ST THING WE DO, IS SACRIFICE OURSELVES & WHO WE ARE TO ACHIEVE IT.

WE WON'T MOVE FORWARD WITH EACH OTHER, UNTIL WE HAVE SOME HONEST **CONVERSATIONS** ABOUT WHO WE ARE WHEN WE ARE IN FEAR - & WHAT WE ARE CAPABLE OF DOING TO EACH OTHER.

BECAUSE WE HAVE LOST OUR CAPACITY FOR PAIN & DISCOMFORT - WE HAVE TRANSFORMED THAT PAIN INTO HATRED AND BLAME. IT IS SO MUCH EASIER FOR PEOPLE TO CAUSE PAIN, THAN IT IS FOR THEM TO FEEL THEIR OWN PAIN.

**TRUE BELONGING** - IS A SPIRITUAL PRACTICE. IT NEVER REQUIRES US TO BE INAUTHENTIC, OR COMPROMISE WHO WE ARE.

OUR DEEPEST HUMAN NEED IS REALLY TO BE **SEEN** & **KNOWN** BY OTHER PEOPLE.

**LONLINESS** IS BEING ON THE OUTSIDE LOOKING IN.

**Strong Back, soft Front, wild Heart**

Krista Tippett x Brené Brown

@LATENITEART  
5 MARCH 2018



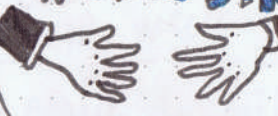
WE HAVE LITERALLY, CLIMBED INTO IDEOLOGICAL BUNKERS & ECHO CHAMBERS. BUT AS WE HAVE BECOME MORE SORTED, WE HAVE BECOME MORE LONELY.

# TRUE BELONGING

IS STANDING ALONE IN THE WILDERNESS.

# HOLD HANDS WITH STRANGERS

THIS MAKES SPEAKING OUT ALMOST IMPOSSIBLE



COLLECTIVE JOY. COLLECTIVE PAIN.

# STRONG BACK SOFT FRONT WILD HEART

TRUE BELONGING DOESN'T REQUIRE YOU TO CHANGE WHO YOU ARE; IT REQUIRES YOU TO BE WHO YOU ARE

# HIGH LONESOME

LONLINESS IS LETHAL. LONLINESS IS A GREATER PREDICTOR OF EARLY DEATH THAN SMOKING. TO BE LONELY, IS TO BE OUTSIDE CONNECTION WITH OTHER PEOPLE. THE SHAME & STIGMA OF IT, IS A HUGE ISSUE.

WE ARE IN THE MIDST OF A SPIRITUAL CRISIS. WE HAVE FORGOTTEN ABOUT THE INEXTRICABLE CONNECTION BETWEEN US.

EVERYONE NEEDS A **BRAIN TRUST.** YOU DON'T NEED TO KNOW THEM!

WHEN THERE IS NO BELONGING - WE SUFFER.

# LEADERSHIP QUALITIES:

- 1. ASK FOR HELP
- 2. RELIABILITY
- 3. GO TO FUNERALS



I AM THE WILDERNESS. I'M NOT WILLING TO BE AFRAID MY ENTIRE LIFE

CIVILITY IS ABOUT DISAGREEING WITHOUT DISRESPECT. *to be people you are inspired by.*

# SPEAK TRUTH TO BULLSHIT. BE CIVIL.



"YOU'RE EITHER WITH US, OR AGAINST US. THIS IS THE DICHOTOMY THAT FRAMES THE ARGUMENT, & KILLS THE CONVERSATION

I'M 50 YEARS OLD - AND I BELONG NOWHERE. I HAVE NO CREW. I HAVE NO PEOPLE. WHAT DO I DO?

IT'S NOT THAT CLEAR.

THE OPPOSITE OF BELONGING IS FITTING IN.

WHAT DOES IT MEAN TO BELONG TODAY IN OUR CULTURE? I THINK BELONGING IS HARDER TODAY, THAN IT HAS EVER BEEN.

# PEOPLE ARE HARD TO HATE CLOSE UP

BUT EASY TO DEHUMANIZE FROM FAR AWAY. EVERY GENOCIDE STARTS WITH DEHUMANIZATION. WHAT SIDE OF HUMANITY ARE YOU ON?

# BRENÉ BROWN

# BRAVING THE WILDERNESS

JEWISH COMMUNITY CENTER OF SF

# LATE NITE ART



# EMOTION REVOLUTION IN OUR NATION'S SCHOOLS

MARC A. BRACKETT  
 Director, Yale Center for Emotional Intelligence  
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There are 2000 words in the English language to describe our feelings

If you can name it - you can tame it

when you are spending 80% of the time stressed - you are not in a good place for learning. This is the reality of most of our students in the US today

EMOTIONS drive our relationships

There is no correlation between what people think they are good at versus what they are actually good at.



GOOD STRESS	BAD STRESS
- leads to better performance	- leads to health problems
	- weight gain

Emotional Intelligence is...

- recognizing emotion
- understanding emotion
- labeling emotion
- expressing emotion
- regulating emotion

students who said... teachers who encourage creativity tend to feel:  
 happy, inspired, respected

Fear is impending danger.  
 Anxiety is uncertainty about the future.  
 Overwhelm is paralysis  
 Jealousy is feeling threatened by someone else.  
 Envy is driven by something you want to have

It's really hard to change our personalities. Emotional Intelligence helps us work with our personality.

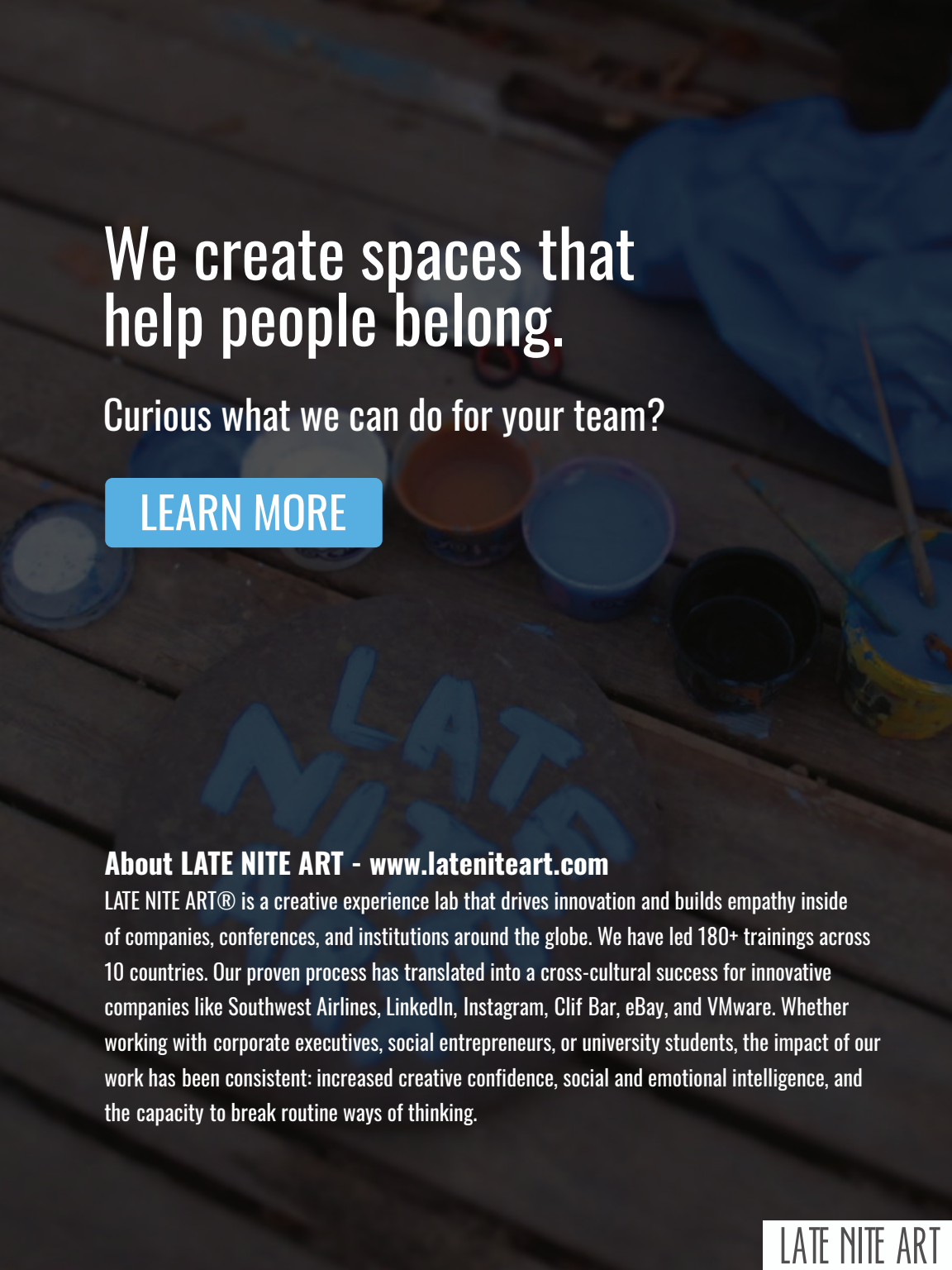
AT SCHOOLS - THERE ARE TOO MANY RULES. But not enough feelings.

it's time to spar w/ our nation's education's schools - we need to shift the system

New Program →  
 inspirED. facebook.com

- activities for schools
- resources for students and teachers





# We create spaces that help people belong.

Curious what we can do for your team?

LEARN MORE

## About LATE NITE ART - [www.lateniteart.com](http://www.lateniteart.com)

LATE NITE ART® is a creative experience lab that drives innovation and builds empathy inside of companies, conferences, and institutions around the globe. We have led 180+ trainings across 10 countries. Our proven process has translated into a cross-cultural success for innovative companies like Southwest Airlines, LinkedIn, Instagram, Clif Bar, eBay, and VMware. Whether working with corporate executives, social entrepreneurs, or university students, the impact of our work has been consistent: increased creative confidence, social and emotional intelligence, and the capacity to break routine ways of thinking.

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