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## 9

### CLEAN PAIN AND DIRTY PAIN

*Sometimes it is necessary to know pain, to be intimate with it, to help others to heal.*

Rev. angel Kyodo williams

*The attempt to escape from pain is what creates more pain.*

Gabor Maté

*Pain is the little voice in your head that tries to hold you back because it knows if you continue you will change.*

Kobe Bryant

*Denial is the ultimate comfort zone.*

David Goggins

Healing and growth always involve discomfort. But so does refusing to heal or grow. Paradoxically, this refusal always creates more pain—both for the person who refuses to grow and for the people around them.

Here's another paradox of emotional pain: the only way to ease it is to accept it, work with it, and use it as fuel for growth.

Only by leaning *into* your pain can you move through it and out of it, and metabolize it.

When you accept this pain, and use it to stand in your integrity and activate the best parts of yourself, this is *clean pain*.<sup>24</sup> Clean pain can help you metabolize trauma, resolve conflicts, transform, and grow up.

Nonviolent resistance to oppression, terrorism, and inequality is a form of clean pain. So is Somatic Abolitionism.

Your other option is dirty pain, in which you respond from your most wounded and unexamined parts. You become cruel, or hollow, or conniving, or violent—or you physically or emotionally run away. This only prolongs your pain and deepens whatever conflict activated your initial discomfort.

Dirty pain is the pain of avoidance and denial. When we refuse to accept and metabolize clean pain, or try to blow that pain into other bodies, we create new conflict and difficulty. Meanwhile, our own pain remains unmetabolized.

Dirty pain can manifest as urgency, avoidance, blaming, accusations, hypervigilance, panic, hyperanxiety, hard-and-fast demands, gaslighting, extreme manipulation, desperate attempts to control other people, or violence. Sometimes it shows up as self-harm: drinking, drugging, other addictive behavior, or self-inflicted violence. All of these only make the existing conflict more difficult, more complicated, and more painful.

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Candidates who pass the Microsoft SC-100 exam earn the Microsoft Certified: Security, Compliance, and Identity Fundamentals certification. Microsoft Cybersecurity Architect certification demonstrates that the candidate has the knowledge and skills required to secure Microsoft technologies and protect against cyber threats. It also demonstrates that the candidate has an understanding of compliance requirements and can design and implement security solutions that meet those requirements. Overall, the Microsoft SC-100 exam is an excellent opportunity for individuals looking to validate their skills in cybersecurity and earn a valuable certification.

Microsoft SC-100 Certification Exam is intended for individuals who have a foundational understanding of cybersecurity principles and technologies. It covers a wide range of topics, including threat management, identity and access management, cloud security, data protection, and compliance. SC-100 exam is designed to test the candidate's ability to design, implement, and maintain secure solutions that meet the needs of their organization.

### Microsoft Cybersecurity Architect Sample Questions (Q42-Q47):

#### NEW QUESTION # 42

Your company wants to optimize ransomware incident investigations.

You need to recommend a plan to investigate ransomware incidents based on the Microsoft Detection and Response Team (DART) approach.

Which three actions should you recommend performing in sequence in the plan? To answer, move the appropriate actions from the list of actions to the answer area and arrange them in the correct order.

Actions	Answer Area
Implement a comprehensive strategy to reduce the risk of privileged access compromise.	
Update organizational processes to manage major ransomware events and streamline outsourcing to avoid friction.	
Assess the current situation and identify the scope.	
Identify which line-of-business (LOB) apps are unavailable due to a ransomware incident.	
Identify the compromise recovery process.	

**Answer:**

Explanation:

#### Answer Area

Assess the current situation and identify the scope.
Identify which line-of-business (LOB) apps are unavailable due to a ransomware incident.
Identify the compromise recovery process.

- 1 - Assess the current situation and identify the scope.
- 2 - Identify which line-of-business (LOB) apps are unavailable due to a ransomware incident.
- 3 - Identify the compromise recovery process.

#### NEW QUESTION # 43

What should you create in Azure AD to meet the Contoso developer requirements?

Account type for the developers:

A guest account in the contoso.onmicrosoft.com tenant
A guest account in the fabrikam.onmicrosoft.com tenant
A synced user account in the corp.fabrikam.com domain
A user account in the fabrikam.onmicrosoft.com tenant

Component in Identity Governance:



Microsoft

A connected organization
An access package
An access review
An Azure AD role
An Azure resource role

**Answer:**

Explanation:

Account type for the developers:

A guest account in the contoso.onmicrosoft.com tenant
A guest account in the fabrikam.onmicrosoft.com tenant
<b>A synced user account in the corp.fabrikam.com domain</b>
A user account in the fabrikam.onmicrosoft.com tenant

Component in Identity Governance:

A connected organization
An access package
<b>An access review</b>
An Azure AD role
An Azure resource role

Topic 2, Litware, inc. Case Study 2

Overview

Litware, inc. is a financial services company that has main offices in New York and San Francisco. Litware has 30 branch offices and remote employees across the United States. The remote employees connect to the main offices by using a VPN.

Litware has grown significantly during the last two years due to mergers and acquisitions. The acquisitions include several companies based in France.

Existing Environment

Litware has an Azure Active Directory (Azure AD) tenant that syncs with an Active Directory Domain Services (AD DS) forest named Utvare.com and is linked to 20 Azure subscriptions. Azure AD Connect is used to implement pass-through authentication. Password hash synchronization is disabled, and password writeback is enabled. All Litware users have Microsoft 365 E5 licenses. The environment also includes several AD DS forests, Azure AD tenants, and hundreds of Azure subscriptions that belong to the subsidiaries of Litware.

Planned Changes

Litware plans to implement the following changes:

- \* Create a management group hierarchy for each Azure AD tenant.
- \* Design a landing zone strategy to refactor the existing Azure environment of Litware and deploy all future Azure workloads.
- \* Implement Azure AD Application Proxy to provide secure access to internal applications that are currently accessed by using the VPN.

Business Requirements

Litware identifies the following business requirements:

- \* Minimize any additional on-premises infrastructure.
- \* Minimize the operational costs associated with administrative overhead.

Hybrid Requirements

Litware identifies the following hybrid cloud requirements:

- \* Enable the management of on-premises resources from Azure, including the following:
- \* Use Azure Policy for enforcement and compliance evaluation.
- \* Provide change tracking and asset inventory.
- \* Implement patch management.

\* Provide centralized, cross-tenant subscription management without the overhead of maintaining guest accounts.

#### Microsoft Sentinel Requirements

Litware plans to leverage the security information and event management (SIEM) and security orchestration automated response (SOAK) capabilities of Microsoft Sentinel. The company wants to centralize Security Operations Center (SOC) by using Microsoft Sentinel.

#### Identity Requirements

Litware identifies the following identity requirements:

- \* Detect brute force attacks that directly target AD DS user accounts.
- \* Implement leaked credential detection in the Azure AD tenant of Litware.
- \* Prevent AD DS user accounts from being locked out by brute force attacks that target Azure AD user accounts.
- \* Implement delegated management of users and groups in the Azure AD tenant of Litware, including support for.
- \* The management of group properties, membership, and licensing The management of user properties, passwords, and licensing
- \* The delegation of user management based on business units.

#### Regulatory Compliance Requirements

Litware identifies the following regulatory compliance requirements:

- \* insure data residency compliance when collecting logs, telemetry, and data owned by each United States- and France-based subsidiary.

\* Leverage built-in Azure Policy definitions to evaluate regulatory compliance across the entire managed environment.

\* Use the principle of least privilege.

#### Azure Landing Zone Requirements

Litware identifies the following landing zone requirements:

\* Route all internet-bound traffic from landing zones through Azure Firewall in a dedicated Azure subscription.

\* Provide a secure score scoped to the landing zone.

\* Ensure that the Azure virtual machines in each landing zone communicate with Azure App Service web apps in the same zone over the Microsoft backbone network, rather than over public endpoints.

\* Minimize the possibility of data exfiltration.

\* Maximize network bandwidth.

The landing zone architecture will include the dedicated subscription, which will serve as the hub for internet and hybrid connectivity.

Each landing zone will have the following characteristics:

\* Be created in a dedicated subscription.

\* Use a DNS namespace of litware.com

#### Application Security Requirements

Litware identifies the following application security requirements:

\* Identify internal applications that will support single sign-on (SSO) by using Azure AD Application Proxy.

\* Monitor and control access to Microsoft SharePoint Online and Exchange Online data in real time.

## NEW QUESTION # 44

Your company is exploring migrating data into Azure; they would like to have a central authentication solution when accessing the data; they have chosen Azure Active Directory.

Which two storage types natively support Active Directory authentication?

- A. Azure File Share
- B. Azure Data Lake Storage Gen2
- C. Azure Storage blob containers
- D. Azure Data Box

**Answer: B,C**

Explanation:

Option D is correct Because Azure Storage supports using Azure Active Directory (Azure AD) to authorize requests to blob data.

Option B is correct Because Azure Data Lake Storage Gen2 (ADLS Gen2) accounts support using OAuth 2.0 with an Azure Active Directory (Azure AD).

Option C is incorrect because To support AD DS authentication over SMB for Azure File Share; you need to register your storage account with AD DS.

Option A is incorrect because Azure Data Box is a device used to move large amounts of data to Azure; this process is known as seeding.

References:

<https://docs.microsoft.com/en-us/azure/storage/blobs/authorize-access-azure-active-directory>

<https://docs.microsoft.com/en-us/azure/databricks/data/data-sources/azure/adls-gen2/azure-datalake-gen2-sp-access>

## NEW QUESTION # 45

### Hotspot Question

You have an Azure subscription. The subscription contains an Azure SQL database named DB1 that stores customer data. You have a Microsoft 365 subscription that uses Microsoft SharePoint Online, OneDrive, and Teams.

Users frequently create Microsoft Office documents that contain data from DB1.

You need to recommend a Microsoft Purview solution that meets the following requirements:

- Identifies Office documents that contain customer addresses and phone numbers sourced from DB1
- Generates an alert if a user downloads an above average number of files that contain data from DB1
- Minimizes the number of false positives

What should you include in the solution for each requirement? To answer, select the appropriate options in the answer area.

NOTE: Each correct selection is worth one point.

**Answer Area**

**Identify documents:**

A custom sensitive information type (SIT) based on exact data match (EDM)  
Document fingerprinting  
A named entity sensitive information type (SIT)  
Trainable classifiers

**Generate alerts:**

Microsoft Purview Data Policy  
Microsoft Purview Information Barriers (IBs)  
Microsoft Purview Information Protection  
Microsoft Purview insider risk management

**Answer:**

**Explanation:**

**Answer Area**

**Identify documents:**

A custom sensitive information type (SIT) based on exact data match (EDM)  
Document fingerprinting  
A named entity sensitive information type (SIT)  
Trainable classifiers

**Generate alerts:**

Microsoft Purview Data Policy  
Microsoft Purview Information Barriers (IBs)  
Microsoft Purview Information Protection  
Microsoft Purview insider risk management

**Explanation:**

Box 1: Document fingerprinting

Identifies Office documents that contain customer addresses and phone numbers sourced from DB1. Document fingerprinting is a Microsoft Purview feature that takes a standard form that you provide and creates a sensitive information type (SIT) based on that form. Document fingerprinting makes it easier for you to protect sensitive information by identifying standard forms that are used throughout your organization.

Document fingerprinting includes the following benefits:

SITs created from document fingerprinting can be used as a detection method in DLP policies scoped to Exchange, SharePoint, OneDrive, Teams, and Devices.

Etc.

Box 2: Microsoft Purview insider risk management

Generates an alert if a user downloads an above average number of files that contain data from DB1. Microsoft Purview, Configure intelligent detections in insider risk management Use can use the Intelligent detections setting in Microsoft Purview Insider Risk Management to:

\* Boost the score for unusual file download activities by entering a minimum number of daily events.

\* Etc.

#### File activity detection

You can use this section to specify the number of daily events required to boost the risk score for download activity that's considered unusual for a user. For example, if you enter "25", if a user downloads 10 files on average over the previous 30 days, but a policy detects that they downloaded 20 files on one day, the score for that activity won't be boosted even though it's unusual for that user because the number of files they downloaded that day was less than 25.

Reference:

<https://learn.microsoft.com/en-us/purview/sit-document-fingerprinting>

<https://learn.microsoft.com/en-us/purview/insider-risk-management-settings-intelligent-detections>

## NEW QUESTION # 46

You open Microsoft Defender for Cloud as shown in the following exhibit.

The screenshot shows the Microsoft Defender for Cloud Recommendations page. The table lists 14 security controls, each with a current score, potential score increase, and a bar chart indicating resource health. The controls are:

Controls	Max score	Current Score	Potential score incre...	Unhealthy resources	Resource health	Actions
Enable MFA	10	0.00	+ 18% (10 points)	1 of 1 resources	<div style="width: 0%;"></div>	
Secure management ports	8	5.33	+ 5% (2.67 points)	1 of 3 resources	<div style="width: 66%;"></div>	
Remediate vulnerabilities	6	0.00	+ 11% (0.6 points)	3 of 3 resources	<div style="width: 0%;"></div>	
Apply system updates	6	0.00	+ 0% (0 points)	None	<div style="width: 100%;"></div>	
Manage access and permissions	4	0.00	+ 7% (0.28 points)	1 of 12 resources	<div style="width: 0%;"></div>	
Enable encryption at rest	4	1.00	+ 5% (0.2 points)	3 of 4 resources	<div style="width: 75%;"></div>	
Restrict unauthorized network access	4	3.00	+ 2% (1 point)	1 of 11 resources	<div style="width: 27%;"></div>	
Remediate security configurations	4	3.00	+ 2% (1 point)	1 of 4 resources	<div style="width: 25%;"></div>	
Encrypt data in transit	4	3.33	+ 1% (0.13 points)	1 of 6 resources	<div style="width: 55%;"></div>	
Apply adaptive application control	3	3.00	+ 0% (0 points)	None	<div style="width: 100%;"></div>	
Enable endpoint protection	2	0.67	+ 2% (0.13 points)	2 of 3 resources	<div style="width: 67%;"></div>	
Enable auditing and logging	1	0.00	+ 2% (1 point)	4 of 5 resources	<div style="width: 80%;"></div>	
Enable enhanced security features	Not scored	Not scored	+ 0% (0 points)	None	<div style="width: 0%;"></div>	
Implement security best practices	Not scored	Not scored	+ 0% (0 points)	9 of 30 resources	<div style="width: 30%;"></div>	

Use the drop-down menus to select the answer choice that complete each statements based on the information presented in the graphic.

NOTE: Each correct selection is worth one point.

To increase the score for the Restrict unauthorized network access control, implement [answer choice].

Azure Active Directory (Azure AD) Conditional Access policies  
Azure Web Application Firewall (WAF)  
Network security groups (NSGs)

To increase the score for the Enable endpoint protection control, implement [answer choice].

Microsoft Defender for Resource Manager  
Microsoft Defender for servers  
Private endpoints

**Answer:**

Explanation:

To increase the score for the Restrict unauthorized network access control, implement [answer choice].	Azure Active Directory (Azure AD) Conditional Access policies Azure Web Application Firewall (WAF) [network security groups (NSGs)]
To increase the score for the Enable endpoint protection control, implement [answer choice].	Microsoft Defender for Resource Manager [Microsoft Defender for servers] private endpoints

## NEW QUESTION # 47

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