

The Six Types of Courage

(The following information was taken from the blog “Lion’s Whiskers”)

- Physical
- Social
- Moral
- Emotional
- Intellectual
- Spiritual

Although many times we see a blend of two or more of these types of courage, there is generally one that dominates the occasion.

Here are the six types of courage:

Physical courage: This is the courage most people think of first: bravery at the risk of bodily harm or death. It involves developing physical strength, resiliency, and awareness.

Social courage: This type of courage is also very familiar to most of us as it involves the risk of social embarrassment or exclusion, unpopularity or rejection. It also involves leadership

Intellectual courage: This speaks to our willingness to engage with challenging ideas, to question our thinking, and to the risk of making mistakes. It means discerning and telling the truth.

Moral courage: This involves doing the right thing, particularly when risks involve shame, opposition, or the disapproval of others. Here we enter into ethics and integrity, the resolution to match word and action with values and ideals. It is not about who we claim to be to our children and to others, but who we reveal ourselves to be through our words and actions.

Emotional courage: This type of courage opens us to feeling the full spectrum of positive emotions, at the risk of encountering the negative ones. It is strongly correlated with happiness.

Spiritual courage: This fortifies us when we grapple with questions about faith, purpose, and meaning, either in a religious or nonreligious framework.

Assignment:

For each type of the six types of courage: pick a popular character from a book, TV show or movie and provide an example of how that character showed courage. Each one should be about 3-4 sentences.