

# Types of Courage



## Physical Courage

This is the courage most people think of first: bravery at the risk of bodily harm or death.

*An example of physical courage is:*



## 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.

*An example of social courage is:*



## 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.

*An example of intellectual courage is:*

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## Moral Courage



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

*An example of moral courage is:*



## Emotional Courage

This type of courage opens us to feeling the full spectrum of positive emotions, at the risk of encountering the negative ones.

*An example of emotional courage is:*



## Spiritual Courage

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

*An example of spiritual courage is:*