

The Six Types of Courage



In our blog, *Lion's Whiskers*, we refer to [six different types of courage](#) that we believe parents and children may require to face life challenges on the path ahead:

- 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. *READING THIS BLOG can help you learn to parent and practice these six types of courage!*

Here are the [six types of courage](#) that we discuss, with a brief sketch of each. You can read more detail definitions by following the links. Every day there is new content on this blog, exploring these 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. If you'd like to watch an inspirational example of physical courage, read some inspiring parenting tips, and/or know how we answer the question, "[what is physical courage?](#)" [in detail, click here!](#)

***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. If you'd like to watch an inspirational example of social courage, read some inspiring parenting tips, and/or know how we answer the question, "[what is social courage?](#)" [in detail, click here!](#)

***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. If you'd like to watch a thought-provoking talk challenging us to use more intellectual courage in our daily life, read some inspiring parenting tips, and/or know how we answer the question, "[what is intellectual courage?](#)" [in detail, click here!](#)

***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. For more examples and information about how we answer the question, ["what is moral courage?" in detail, click here!](#)

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. For more examples and information about how we answer the question, ["what is emotional courage?" in detail, click here!](#)

Spiritual courage. This fortifies us when we grapple with questions about faith, purpose, and meaning, either in a religious or nonreligious framework. For more examples, inspiration, and information about how we answer the question, ["what is spiritual courage?" in detail, click here!](#)