



WHAT IT MEANS TO BE COURAGEOUS

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Does being courageous imply being fearless? Oftentimes we can hear statements like, "He's so brave and fearless!" First and foremost these two words have different meanings and it holds true if we will define courageous too. Fear is the acceptance of potential danger and the motivation to take action for protection. Meanwhile courage is the ability to persist with your objectives and take action even in the face of fear. Therefore, courage is not the absence of fear. Being courageous forces you to pursue your objectives despite fear. Being courageous is taking action despite of being fearful.

There are a number of times that an individual experiences fear, that is, being afraid of something that has happened, is happening, will happen or has been happening. Is it fear of the problems and difficulties that a person face, fear of what to come, fear of the unexpected or the fear of what will happen in the future? We are never free of all these anxieties and apprehensions because we experience them daily. A lot of phobias can be spelled out but the fact should remain..."Do not be afraid to be afraid." Fear will always be hanging around in this world we live in wherein we experience survival of the fittest! Fear and courage go hand in hand. One cannot do without the other. Fear is necessary for survival whereas courage is required to succeed. There can never be courage unless you get scared.

Be courageous in spite of the circumstances that surround us and regardless of the consequences that we face. Let us not berserk ourselves with the innuendoes of life. Being courageous is looking past our personal goals and dedicating our life for the betterment of mankind. To be courageous is doing the right thing when the wrong thing seems to produce better results. Being courageous is taking the initiative to try to succeed when no one else will. It is the willingness to take risks when the outcome is uncertain. Let us be like fire-fighters saving people entrapped within the fire, risking their lives to save a stranger's life, or maybe like soldiers who are always ready to battle and defend their country not thinking if they can even return or not to their families. To be courageous is to stand up every time we fall, let not failures disappoint us. Be brave enough to face the difficulties and odds of life. Yes that burning passion of making the right decisions amidst the turmoil that every human being experiences makes us courageous enough to withstand the pains and pressures of life.

What it means to be courageous may have a lot of meanings, connotations, interpretations and whatever it may be. We will experience growth in being courageous whereas fear will lead us to be stagnant. But on top of them all, we should remember the saying, "No guts, no glory. So, keep on pushing the bush, stand up and take courage as your battle shield to combat the extremities of life!

Questions for discussion:

- 1.What comes to your mind when we hear the word courage? Why is it so?
- 2.Can intentions without actions be courageous?
- 3.Have you reached the realization that good effects of being a courageous person can make you accomplish more things in life? In what means?
- 4.What are the circumstances in your life that can best describe you as being a courageous person?
- 5.Do you agree that being courageous is being fearless? Explain further.