

2023-01-26: Definitions of COURAGE

“What makes the elephant charge his tusk in the misty mist or the dusky dusk?

What makes the muskrat guard his musk?”

The Cowardly Lion from “The Wizard of Oz.”

cour·age

[ˈkʊərij]

NOUN

1. the ability to do something that frightens one:
 - “she called on all her courage to face the ordeal”
 - strength in the face of pain or grief:
 - “he fought his illness with great courage”

SYNONYMS FOR *COURAGE*

bravery · braveness · courageousness · pluck · pluckiness · valor · fearlessness · intrepidity · intrepidness · nerve · daring · audacity · boldness · dauntlessness · doughtiness · stout-heartedness · hardihood · manfulness · heroism · gallantry · backbone · spine · spirit · spiritedness · mettle · determination · fortitude · resolve · resolution

audacity, bravery, daring, determination, endurance, fearlessness, firmness, fortitude, gallantry, grit, heroism, prowess, spirit, spunk, tenacity, valor

adventurousness, backbone, bravura, dash, dauntlessness, enterprise, gameness, guts, hardihood, intrepidity, mettle, nerve, pluck, power, pugnacity, rashness, recklessness, resolution, stoutheartedness, temerity, venturesomeness, adventuresomeness, lion-heartedness, élan

Antonyms for courage

cold feet, faintheartedness, fearfulness, mousiness, timidity, timorousness, feebleness, softness, weakness, impotence, ineffectualness, hesitation, indecision, indecisiveness, irresolution

cowardice, cowardliness, cravenness, dastardliness, poltroonery, spinelessness

Etymology of courage

courage (n.)

c. 1300, *corage*, “heart (as the seat of emotions),” hence “spirit, temperament, state or frame of mind,” from Old French *corage* “heart, innermost feelings; temper” (12c., Modern

French *courage*), from Vulgar Latin **coraticum* (source of Italian *coraggio*, Spanish *coraje*), from Latin *cor* "heart" (from Proto-Indo-European root ***kerd-** "heart").

Meaning "valor, quality of mind which enables one to meet danger and trouble without fear" is from late 14c. In this sense Old English had *ellen*, which also meant "zeal, strength." Words for "heart" also commonly are metaphors for inner strength.

In Middle English, the word was used broadly for "what is in one's mind or thoughts," hence "bravery," but also "wrath, pride, confidence, lustiness," or any sort of inclination, and it was used in various phrases, such as *bold corage* "brave heart," *careful corage* "sad heart," *fre corage* "free will," *wikked corage* "evil heart."

***kerd-**

Proto-Indo-European root meaning "heart."

It forms all or part of: **accord**; **cardiac**; **cardio-**; **concord**; **core**; **cordial**; **courage**; **credence**; **credible**; **credit**; **credo**; **credulous**; **creed**; **di scord**; **grant**; **heart**; **incroyable**; **megalocardia**; **miscreant**; **myocardium**; **pericarditis**; **pe ricardium**; **quarry** (n.1) "what is hunted," **record**; **recreant**; **tachycardia**.

It is the hypothetical source of/evidence for its existence is provided by: Greek *kardia*, Latin *cor*, Armenian *sirt*, Old Irish *críde*, Welsh *craidd*, Hittite *kir*, Lithuanian *širdis*, Russian *serdce*, Old English *heorte*, German *Herz*, Gothic *hairto*, "heart;" Breton *kreiz* "middle;" Old Church Slavonic *sreda* "middle."

From Psychology Today website

1. Feeling Fear Yet Choosing to Act

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." —*Nelson Mandela*

2. Following Your Heart

"Passion is what drives us crazy, what makes us do extraordinary things, to discover, to challenge ourselves. Passion is and should always be the heart of courage." —*Midori Komatsu*

3. Persevering in the Face of Adversity

"A hero is no braver than an ordinary man, but he is braver five minutes longer." —*Ralph Waldo Emerson (1803-1882)*

4. Standing Up for What Is Right

"From caring comes courage." —*Lao Tzu*

5. Expanding Your Horizons; Letting Go of the Familiar

"Life shrinks or expands in proportion to one's courage." —*Anais Nin*

6. Facing Suffering With Dignity or Faith

"The ideal man bears the accidents of life with dignity and grace, making the best of circumstances." —*Aristotle*

A final thought -

"A man of courage is also full of faith." —*Marcus Tullius Cicero*

Why is courage a desirable virtue?

What surprised you as you learned about courage?

After reading about courage what questions do you have?

What areas do you want more courage in?

The root word for courage is heart. What does it say about courage?

How do you act more courageously?

What techniques can you use to more courageous?

What is holding you back from, being courageous?

What phrase will you use to keep you coach you when practicing courage?