



# BRAVERY

VIA Survey calls this strength Bravery



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**Parent virtue: Courage.** Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and zest/enthusiasm.

## WHAT DOES BRAVERY MEAN?

**You act with mental, moral, or physical strength even when you know things are difficult or scary.**

Bravery refers to voluntary (not coerced) action in the face of a dangerous circumstance. This strength involves judgment; the brave person must have an understanding of the risks and consequences involved in acting. According to Socrates and Plato, forethought separates acts of valor from acts of rashness. This means that bravery isn't simply fearlessness, but instead the overcoming of fear.

Bravery can take many forms. Physical bravery involves overcoming fear of bodily injury or death. Moral bravery occurs when an individual does what he/she believes is right in the face of social and/or financial consequences. Mental bravery occurs when people overcome their everyday fears and anxieties.

## WHY DOES IT MATTER?

Overcoming fears is critically important in individual development, as it allows the person to do more and become more. A person can be brave every single day. For example, some people with social anxiety are brave just by leaving their house and talking with people. On a physical level, bravery allows us to overcome fears, such as swimming or playing a sport. And, on a moral level, doing what we know to be right, despite the risks, gives us the sense that we are acting on behalf of a larger purpose.

On a group level, bravery is inspiring and contagious. Witnessing an individual's brave act – whether a soldier in battle or standing up for a bullied student – is a form of leadership and often encourages others to take action. Communities and societies throughout time have held bravery in high esteem because they know its inherent importance. This is why Aristotle believed, "Courage is the first of human virtues because it makes all others possible."

**Individuals with this strength might be described as:**

- Courageous
- Valorous
- Heroic
- Daring
- Valiant
- Noble

**Individuals with this strength are likely to think, feel, or behave in the following ways:**

- I would prefer to try and fail, than to never try at all.
- Doing what is right is the most important thing, even if that means I may be personally injured.
- I know what I'm afraid of and take action to overcome my fears.
- Knowing the right thing to do doesn't matter if you don't do what is right.
- When facing a tough decision, it's better to act in good conscience than sit and do nothing.

## QUOTES ON BRAVERY

*"I learned that courage is 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**

*"It is curious that physical courage should be so common in the world and moral courage so rare."*

**-MARK TWAIN**

*"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."*

**-ROSA PARKS**

*"It is not the critic who counts...The credit belongs to the man who is actually in the arena...who at worst, if he fails, at least fails by daring greatly."*

**-THEODORE ROOSEVELT**

*"Courage is doing it scared."*

**-JILL BRISCOE**