



# The Courage to Change

Courage is generally portrayed as being macho, steadfast and determined in the face of external adversities. However, a different type of courage, a courage that lets us question ourselves, be open and to face our true nature is perhaps ironically, a greater source of strength and energy.

## Courage in the Media and Society

Courage in the media is often portrayed through external events and the actions that people take when disaster strikes. We have all seen or read about the courage of soldiers during war time and members of the public who come to the aid of others during flooding and other natural disasters.

All these acts of courage capture something of the human spirit at its best. Our ability to help others during times of crisis takes courage and strength. People who act on instinct often discover abilities they didn't know they had and as a result, they find something new about themselves. Of course, it does no harm that the bravery of a police officer, soldier or member of the public helps sell more newspapers and attract more viewers!

## Internal Courage

Whilst 'external' courage is usually celebrated publicly in the media, in print and at award ceremonies, there is another type of courage. Internal courage, or the courage to face ourselves is perhaps even harder and more challenging. Of course, it doesn't help that internal courage receives far less column inches and airtime.

What do we mean when we talk about internal courage? Perhaps at its simplest, internal courage allows people to question and face themselves. It is the ability to talk directly to that little voice inside our heads. The voice that nags at us, the voice that suggests the easy option or the voice that reminds us what might go wrong if we do something we are unsure of. Put another way, internal courage lets us open up a conversation with ourselves and not be afraid of what that conversation sounds like, or where it might end up. (In our experience and that of our clients, once you have the courage to engage with this conversation, it is simple, straightforward and a whole lot of fun...)

## What is the Point of Internal Courage?

Or put another way, why bother talking about internal courage in the first place? Surely it is something you are born with? While there is no doubting that we are all unique (and who knows exactly what we are all born with anyway?), here are some examples of internal courage.

- The person who successfully completes their diet
- The person who achieves a personal ambition
- The person who gives up smoking and kicks the habit
- The person who stops drinking and saves themselves from alcoholism
- The person who goes against cultural or family norms and expectations



We all know people who have achieved personal and significant goals. What they all have in common is the internal courage to change, face themselves and act on it. If you know someone who is talking to you about completing a goal or who wants to change something in their life but who just can't started or who keeps getting stuck, it is likely that they need a booster of internal courage. Sure, there may be other reasons why certain things don't get done, but often, the chance to boost your own internal courage often works wonders in these situations.

## The Courage to Change

Where does all of this leave us? Perhaps the single most important message is that in order to achieve what we want or what we choose, we will always need some internal courage to do this. Having the courage to change is often the missing piece in terms of realising our dreams and ambitions.

If you agree with our sentiments so far and you are thinking about working towards something specific in your life, perhaps you are asking yourself questions like;

- What is my own level of internal courage?
- Do I have enough internal courage to achieve my ambitions?
- How can I get more internal courage?
- I believe I have enough internal courage, but not the needed tools to take me where I desire to go

In terms of answering these questions, our own suggestion is to embark on a journey of self discovery and to look within yourself. We agree with the saying that those who don't go within, go without! The journey you choose might take many different forms, it may take you to many different places within yourself but perhaps most importantly, you will find the answers that help you change and succeed.

To your change and transition,

Christine  Bruce 

## About The Development Compass

Are you interested in the quickest and most powerful route to personal change available today? To find out more about this breakthrough technique, the Foundation Course and to access a free consultation, personality questionnaire and email course, please visit the Development Compass website at

[http://www.thedevelopmentcompass.com/free\\_resources](http://www.thedevelopmentcompass.com/free_resources)

© August 13, 2007 The Development Compass