

Mindful Exploration

Courage — Moral Courage

Focus Question: What does it mean to be morally courageous? How can we develop and apply moral courage in our own lives?

According to [Psychology Today](#), courage is a consciously chosen action or behavior, taken in light of core values, a sense of justice and involves some personal risk. Typically, when we consider what it means to be courageous, we think of physical bravery, but there are different types of courage. [Moral courage](#)¹ involves doing the right thing for the greater good, at the risk of shame, opposition, disapproval, or anger from others. Moral courage also relates to ethics and integrity, as it is a demonstration of matching words and actions with values and ideals.

The following three individuals, Alice Shipley, Armin Wegner and Edith Reiss, share stories of how they or others demonstrated moral courage. Listen to their testimonies and consider the impact of moral courage.

Day 1

Alice Shipley



What attribute of moral courage does Alice Shipley reflect on and/or exhibit?

What lesson from her experience could you take away to help you practice moral courage, even at the risk of opposition, disapproval, or anger from others?

Day 2

Armin Wegner



What attribute of moral courage does Armin Wegner reflect on and/or exhibit?

What lesson from his experience could you take away to help you practice moral courage, even at the risk of opposition, disapproval, or anger from others?

Day 3

Edith Reiss



What attribute of moral courage does Edith Reiss reflect on and/or exhibit?

What lesson from her testimony could you take away to help you practice moral courage, even at the risk of opposition, disapproval, or anger from others?

¹ Osswald, Silvia, et al. "Moral Courage." *Justice and Conflicts*, Springer, 2012, pp. 391–405. *Research Gate*, https://www.researchgate.net/publication/227241630_Moral_Courage.

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Day 4

Final Reflection: Now that you've heard Alice Shipley, Armin Wegner, and Edith Reiss share their stories of moral courage — ethics, integrity, and matching words and actions with values and ideals, despite opposition, disapproval, or anger from others — reflect on your own experiences. **How can we develop and apply moral courage in our own lives?**

Think of a situation in your school or community, however minor, where you have exhibited, or seen someone else exhibit, moral courage — despite opposition, disapproval, or anger from others. In the box below, describe the situation and the impact of moral courage in a three-to-five sentence response. After writing, share your response with a partner.