

## THE NEW USE OF COURAGE

### COURAGE – STRETCHING MYSELF BEYOND THE LIMITED PERSPECTIVES OF THE FRIGHTENED PARTS OF MY PERSONALITY

**Take responsibility** for my feelings, experiences, and actions (no blaming).

- ▶ Heal (challenge) the most core frightened part of your personality you know about, e.g., addiction.
- ▶ Look at the parts of your personality that are so familiar to you that you don't see them as frightened parts of your personality.

**Practice integrity at all times** (often requires action, such as speaking when frightened parts of my personality don't want to speak and not speaking when they feel compelled to speak).

- ▶ Follow your intuition.
- ▶ Do what you know you need to do and you know you haven't been doing (may be the same as intuition, but can be something like a persistent feeling you have been having).

**Say or do what is most difficult** (sharing what I notice, if appropriate, when someone speaks or acts from a frightened part of his or her personality; sharing about myself what I am frightened to say and know that I need to say).

- ▶ Say what you are afraid to say about yourself.
- ▶ Say what you are afraid to say to someone else (what is your intention?).