

## UD 6.1

# ● THE ROLE OF COURAGE FOR RESILIENT CLIENTS

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# DEFINITIONS OF COURAGE

**1 Rachman (1990)**  
The willingness and ability to face a situation that frightens despite the presence of fear and psycho-physiological alterations.

**2 Woodard (2004)**  
Courage is the ability to act for a significant cause (noble, good or concrete), despite fear of a perceived threat that is greater than the available resources.

**3 Putman (2001)**  
Facing fears associated with loss of psychological stability.

**4 Koerner (2014)**  
a courageous act includes behaviors, cognitions, and emotions and could be described as the tension that precedes action, the choice to behave courageously, the act itself, and the reflection that follows the act.

# ● COMPONENTS OF COURAGE



a morally worthy goal



intentional action that requires the freedom to choose to act



perceived risks, threats, or obstacles

# COURAGE

✓ Adaptability

✓ Future orientation

✓ Hope

✓ Optimism

✓ Life satisfaction

✓ Work behavior

✓ Personal identity

✓ Prosocial behavior

# The interview on courage: first part

In order to face the future and the world of work, people are increasingly requested confidence in the owns ability, hope, optimism, positive attitudes toward the future, and courage.

Please could you tell me your thoughts about the following issues:

- ✓ **What do you mean for you to be a refuge?**
- ✓ **What do you mean for you having hope?**
- ✓ **What do you mean for you having courage?**

Coping with the future is actually very challenging. Planning for the future requires investment, patience, and persistence. Someone asserts that sometimes it is also necessary to be a very courageous people.

- ✓ Have you never been courageous in your life?  YES  NO

# The interview on courage: second part

If yes, please could you describe a situation where you behaved in a courageous way?. In telling this story, please could you say **when and where** it happened, **who** was present, **what** did you **think** and **act**, what did you **feel** and what did you **achieve** with your courageous act and eventually what the **other people behaved**.

(Please, pay attention and check that the client tell his/her thoughts and acts in that situation).

- ✓ **What did you achieved and how did the others behave? If you wish you could add more.**
- ✓ **How much courage do you think you showed in this situation?**

very low    low    fairly    good    a lot

(pay attention to close the interview highlighting positive aspects, courageous acts, strengths).

# ● STORY OF COURAGE: CATEGORIES



endurance



reaction

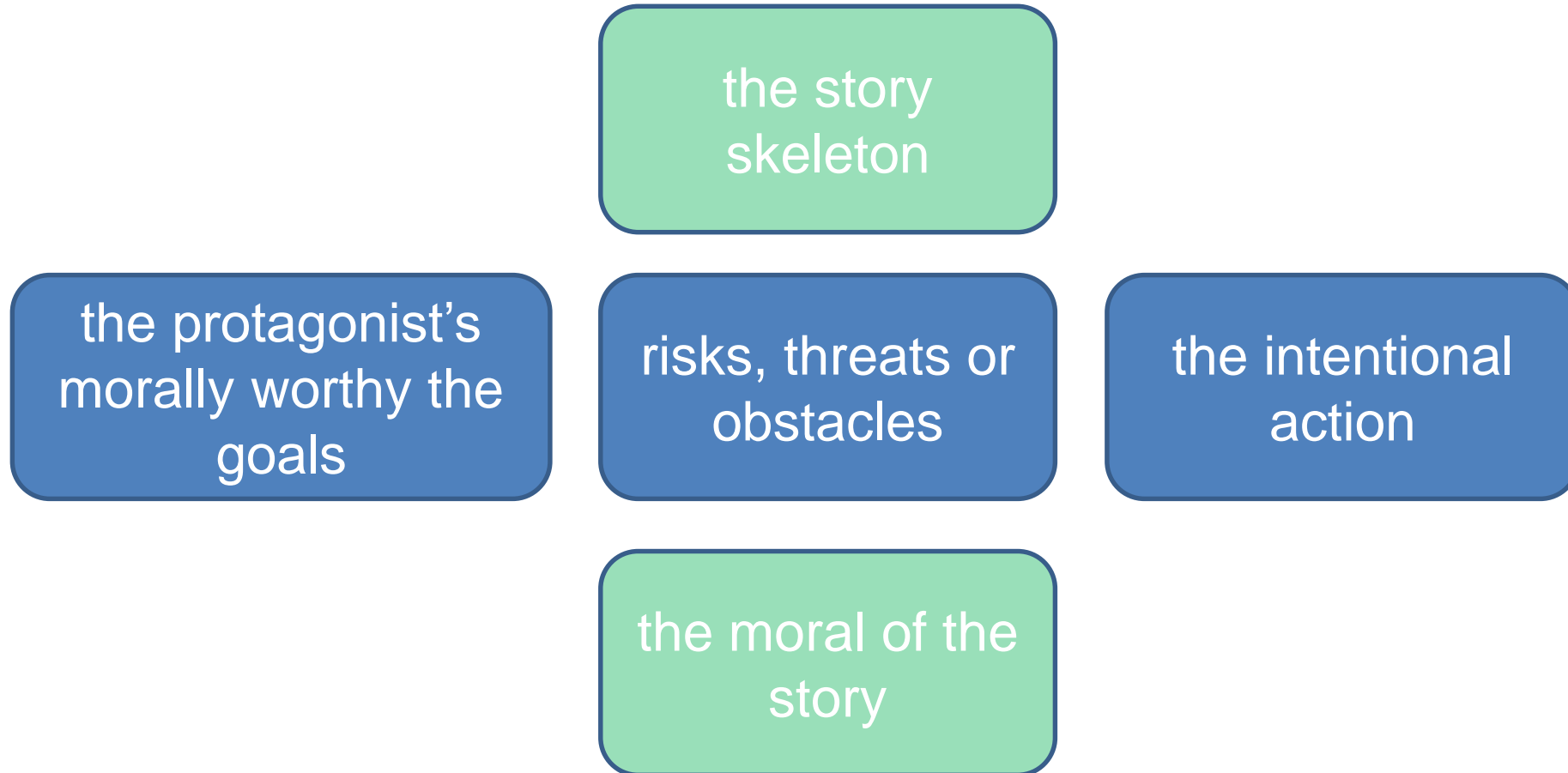


opposition



creation

# STORY OF COURAGE: SCHEMA





# Participants

- ✓ **Ten** people were interviewed, one **Egyptian** man legally residing in the province of Venice. The other nine people, including 8 men seeking international protection and a refugee woman. Two of the people interviewed came from **Afghanistan**, 3 from **Bangladesh**, 1 from **Ivory Coast** and 3 from **Mali**.
- ✓ The youngest of the respondents is 21 years old and the oldest is 47.

# Elements of the stories

**a. Protagonist of the story.** The narrator coincides with the Bold Actor/Actress

**b. Other protagonists of the story.** In the told stories they are:

- ✓ **relatives** (the father, mother, brothers, cousins, aunts, uncles and grandparents);
- ✓ **friends and acquaintances;**
- ✓ persons belonging to the **same group** as the protagonist or an adverse group (e. g. the military, the Taliban, etc.).

*The number of "other characters" varies greatly depending on the story (e. g. 400 prisoners, six soldiers, one friend, etc.)*

### **c. Role attributed to the other protagonists by the narrator**

- ✓ **Characters who have a *supporting* role**  
*e.g. mother, father, brothers, uncles, uncles, children, friends.*
- ✓ **Characters who have a *barrier* role**  
*e.g. militars, Talibans, members of the opposite political group, brothers, brother-in-law.*
- ✓ **Characters who need help and or who are helped by the protagonist**  
*e.g. the mother who remained in her motherland and who needs money to carry out his work; the boy who is drowning; the friend who loses control of the car in a road accident; members of own political faction who are threatened by a serious danger.*

## d. Places (where the story happened)

- ✓ 7 Stories → respondents' motherland;
- ✓ 2 Stories → Italy;
- ✓ 1 Story → During the migration or flight journey.

## e. When happened

## f. Sequence of the events

## g. Courageous acts: PERSISTENCE

- ✓ **Persevering in the search for important objectives such as work**  
*"I **leave** early in the morning and **go** to the port.... when I go there I see other Africans, maybe not from my country, Senegal, who work and I **hope** to have contact with them "*
- ✓ **Persevering to engage in behaviors aimed at demonstrating one's own value in order to obtain respect and consideration for others**  
*"I left school, so in my village I **worked** at home with other family members... I worked with my older brothers. My older brothers had considered me as one who comes from school, those who usually do not want to do anything, so I took the courage to show them the opposite of what they think.... when the growing season began I **was always present, every day, I am always present**"*

## g. Courageous acts: PERSISTENCE

- ✓ **Enduring a risk situation in order to achieve an important objective**  
*“They took me back home from work, they brought me to a house near the sea, they kept me for a week, together with others.... we were being militated and afterwards, when they reached a certain number, they took and loaded us on the boats, they forced us to enter and put us on the sea... I was afraid to enter and if I didn't enter they killed me, so **I entered** ”.*
- ✓ **Enduring violence and threats to save own life**  
*“He told me « Gave me your passport or I kill you»... I **stayed** under his house all night because without a document I couldn't do anything ”.*

## g. Courageous acts: REACTION

- ✓ **Reacting to conflict situations to save your life and that of your own group members**  
*".... when I saw four dead I thought about saving his life... I wanted to protect my group... took the stick... I just stick to protect his group "...*
- ✓ **Reacting promptly and without thinking to save someone's life**  
*"When I saw this guy going down I didn't think twice, I threw myself into the water to pull on this guy".*
- ✓ **Taking control of the situation in order to avoid serious dangers**  
*"I took the steering wheel and managed to partially park the car".*

## g. Courageous acts: OPPOSITION

- ✓ Responding to a serious personal crisis and being able to take decisions autonomously
- ✓ Combating gender discrimination at risk of being isolated and harassed  
*“When my husband died in Afghanistan in 1991, I was in a bad situation.... I was alone and I hit rock bottom. I stayed for almost a year so, I didn't wash my face for six months . My mother told me that I had to be strong. **After that I started thinking about the future, I decided to finish school, to do this for my children, to see the people I knew, not to stay closed at home.** Afterwards I met a friend of mine. She told me to leave the house and find a job. She also helped me finding a job. After this **I started to feel** that I had confidence in myself again. When I regained something to do. I felt I became stronger every day that with one purpose. After that **I also started to fight against what I considered a bad part of the Afghan culture**”*
- ✓ Battling for what you believe to be at risk of your life  
*“They forced me to do these things, they threatened me with death (Talibans)... I talked about all this at home with my mother and she told me not to do again what I did. My mother told me to report these people. So **I did it...**”*



## g. Courageous acts: CREATION

- ✓ **Emigrate to find better opportunities for growth and autonomy**

*“I was working with my brothers and sisters who were driving trucks and going to take the sand... during the journey to transport the sand we had an accident in the car and during this accident he was very injured... they brought me to the hospital, I stayed there for weeks and finally I was healed... after the accident I had courage... I thought that until now I was working with my brothers and I also risked dying and from there...I look for my money with my sweat so that I can work with my brother, I work with my father but in the end money are not my money, it's always your relatives' money. So from **there I decided to leave the country**... this accident made me think, it gave me a lot of courage **to look for my own**... I started from there... **I left the country, so I started to emigrate**...”*

## h. What the person took from the experienced event

- ✓ **Saving lives and this has a positive impact on self-esteem (Fq = 2)**  
*"At that moment I felt strong, sure.... I didn't feel anything else... I just felt happy because I was able to save a life".*
- ✓ **Being able to understand how precious life was and being able to remain "healthy" in order to achieve one's goals (Fq = 1)**  
*"We were manhandled... I saved myself ... With all this stuff here I saved life that is very precious ... I understand which way is right for me"*

## h. What the person took from the experienced event

✓ It made it possible to develop an awareness to possess requirements for dealing with difficult and risky situations (Fq = 7)

*“I have learned, how I can take the right way to have a future”;*

*“To look for mine and earn the money to make me autonomous...”;*

*“Now... whatever work I'm asked to do, I face it”;*

*“I can take decisions more forcefully, with more confidence in myself “;*

*“I can hope to find a job”.*

Thank you for  
the Attention.  
Questions?