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The Gift and Power of Emotional Courage

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The Gift and Power of Emotional Courage

Every aspect of our lives is driven by how we drive our inner world. This does not exempt how we love, lead or even parent. How one sees himself or herself can greatly help him/her thrive in an increasingly complex world. Emotions should not be perceived as good or bad nor being negative or positive. This is a rigid conventional view and when this rigidity meets complexity, it becomes poisonous. To safeguard thriving as well as resilience, it necessitates having greater levels of emotional agility.

Social challenges such as death of a loved one and heavy load of debts may paint a false picture that one triumphed over them with time. Although no change may be evident in our routine life such as dropping points in our learning institutions, denial is something most people live with for ages until when it finally eats them up and the curtains come down. It is not something one can freely open up in public for fear of victimization. Emotions should be viewed as inherently valuable, natural and normal feelings. They should not be pigeonholed as good or bad. Moreover, positivity should not be left to assume the role of moral correctness. This is simply because they are entirely rigid responses to the global social issue of depression that is threatening global population in silence. Ignored emotions do grow and when they become great, they lead someone into losing the aptitude to deal with the world as it is.

Discomfort and stress is part and parcel of our life. The former happens to be the entry fee to a sensible life. To embrace emotional agility, social workers should encourage their clients to constantly open up on their feelings of grief, pain, loss and regret. Not only is this acceptance vital but also accuracy of labeling our emotions. The latter helps discerns the precise cause of our feelings. The essential skills to us, our families and workplaces rest with knowing that emotions are data sources and not directives. Hence, with technologies such as teleconferencing, social

workers are empowered to virtually encourage their clients to courageously open up on their emotions and build authentic courage from any part of the world.

Reference

David, S. (2017). The gift and power of emotional courage.

https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

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