Discuss the idea(s) developed by the text creator in your chosen text about how acts of courage develop and nurture personal integrity.

**To put aside that most primitive instinct to survive and face what is coming without flinching and survive it intact, or partially intact, even one time, nurtures the belief that you can stand upon the moral high ground and defend your space, your conscience, your people, without succumbing to the craven impulse to duck for cover –either physically or metaphorically.  Once you have done this once, you see that it can be so, that you can survive the challenge, and the next time you are called upon to face a danger, you are better prepared to do so.  When the storm has passed you’ll be able to look at yourself in the mirror, meet your eye and not be afraid of flinching when a challenge is next  presented. Morality is refined, self-respect is strengthened… [I’d introduce the text and author here ] Acting in a courageous manner reinforces and reaffirms the personal integrity for which you stand, better preparing you to face the next challenge without backing down.  It is a cyclical relationship.**