

Define Cowardice

I have been challenged by [The Daily Post](#) to write about or define cowardice.

Apparently, everyone that is faced with something that frightens them experiences a “fight or flight” moment. Is cowardice defined as the inclination to flee instead of fight? If so, is there a time limit? Many people may initially flee but return to fight after formulating a plan of attack. Others, like myself, tend to freeze in fright. Where do we fit in? I like to think eventually I thaw out enough to fight though. Especially if the situation is threatening someone I care about. I am known to be a bit of a momma bear.

In all my efforts to have a [family](#), throughout three stillbirths and three miscarriages, I was repeatedly told how brave I was. I did (do) not consider that bravery, more perseverance, and determination.

I believe cowardice means a lack of courage or bravery. Not limited to a reaction during a traumatic event, it could also apply to a fear to try anything daunting, new, or different. Things like a new job, hobby, even a new personal relationship due to the fear of failure.

How do you define cowardice?