

TEMPERANCE STRENGTHS

6A2

Temperance strength may not be very popular yet self-control and humility enable us to apply ourselves and do what we know is right and good for us. Having mercy on ourselves and others helps us to accept the imperfections of this world and work with who and what we have. We pause and assess the consequences of our actions.

SELF-CONTROL

You have an ability to take on and maintain healthy habits rather than rushing into futile enjoyments.

You have the patience to look after your own mental, physical, spiritual and emotional health.

You do not over-react when bad things happen but regulate your emotions in order to be helpful and calming towards others.

WHERE do you see some of these TEMPERANCE strengths at work in your life? Where do you use self-control or mercy? Where do you use humility or caution?

(see next handout for examples)

HUMILITY

You are aware of your own and other people's equality and oneness.

You do not boast of your achievement or interfere with others but allow people to find their way whilst attentive to lending a helping hand.

You do not see yourself as special and other people value an unpretentious contribution and support.

CAUTION

You assess a situation before deciding or acting.

You don't offer advice too readily but listen for all the facts and aim for long term results rather than rushing into something.

You know things can go wrong and take precautions.

You find ways of working around people's pride and other such obstacles.

MERCY

You tend to make allowances for weakness and imperfection and are willing to give somebody more chances to get it right.

You are able to let go of past hurts and allow them to transform you into a kinder and more tolerant person.

You view people's short-comings without compromising what you believe is of true value.

Increase your TEMPERANCE STRENGTHS
(look at the detailed descriptions on the previous page)

6A2

WHERE do you see some of these TEMPERANCE strengths at work in your life – are there situations where you use self-control and humility?

Do use us caution and are you merciful?

(e.g. I use self-control to get going in the morning when I feel like staying in bed. I use humility when I don't agree with somebody and let them have their say without interrupting or putting them down)

Where do you see some of the Temperance strengths at play in other people's lives?

(e.g. I noticed how the builders who were renovating our building would all the time wait for the instructions of the architect. I noticed Mother Teresa's humility when she said that when people criticise you and put you down, love them anyway)

Which aspect of Temperance might you like to develop more in your life?

Somewhere you would like to have more self-discipline, caution, mercy or humility?

(e.g. I would like to be more humble when I feel people make self-evident comments)

This is what I will do to develop myself more in this area:

(e.g. I will be friendly and merciful on their lack of focus and accept that their brain works differently to mine)