THE VIRTUE OF TEMPERANCE

PROPER ACT OF TEMPERANCE
Vice of Defect: Intemperance

TEMPERANCE IN ITSELF
Regulating desire and enjoyment of pleasure

Vice of Excess: Insensibility

INTEGRAL PARTS:
Shame
Honor (Honesty / Integrity)

SUBJECTIVE PARTS:

Regarding Food: → **Abstinence**
Fasting
→ **Sobriety**

Regarding Sex: → **Chastity**
Purity
Virginity

ALLIED PARTS:
Continence
Clemency / Meekness
Modesty
→ **Humility**
→ **Studiousness**
→ **Movements**
Eutrapelia
→ **Apparel**

OPPOSING VICES

Defect: Gluttony
Excess: Abstemiousness
Defect: Drunkenness

Gluttony's Daughters
dullness of sense *unseemly joy*
loquaciousness *scurrility*
uncleanness

Defect: Lust

Lust's Daughters:
caecitas mentis *praecipitatio*
inconsideratio *inconstantia*
amor sui *odium dei*
worldliness *desperatio futuri*

Defect: Incontinence
Defect: Anger
Cruelty
Defect: Pride
Excess: *Curiositas*

Anger's Daughters:
indignitas *tumor mentis*
clamor *blasphemy*
contumlia *rixae*

Defect: Boorishness
Excess: Senseless mirth

Temperance	Continence	Incontinence	Intemperance
Well-regulated appetites	Unruly appetites	Unruly appetites	Unregulated appetite
Sound basic attitude	Sound basic attitude	Sound basic attitude	Unsound attitude
Good will	Strong Will	Weak Will	Bad Will
	Struggling & winning	Struggling & losing	Not struggling (& losing)

Gift of the Holy Spirit: Fear of the Lord
Beatitude: Blessed are the Poor in Spirit, for theirs is the Kingdom of Heaven
Fruits: Modesty, Self-Control, Chastity