

## **Cardinal Virtue of Temperance Descriptor**

Temperance is about BALANCE and SELF-CONTROL

### **A person of temperance practices:**

- **balance in their behaviours**
  - accepts their emotions, but does not give in to extremes
- **honesty with others**
  - can be themselves: doesn't need to hide who they are or pretend they are more important than they are
- **making good choices**
  - doing what is right

You are a child of God. Be the person God made you to be.

Don't try to be anything more or anything less.