

# MORAL VIRTUES

TEMPERANCE (THE VIRTUE THAT MODERATES ATTRACTION AND DESIRE FOR PLEASURE, AND PROVIDES BALANCE IN THE USE OF CREATED GOODS)

1. Shame: Distress Caused By the Consciousness of Wrong or Disordered Behavior
2. Honestia: the Habit of Always Seeking to Do What Is Virtuous in Each Situation (May Also Be Called Integrity)
3. Abstinence: Refraining from the Eating of Certain Kinds of Food
4. Fasting: Refraining from Eating Food in General
5. Sobriety: the Virtue by Which One Has Moderated Use of Alcohol
6. Continence: the Virtue in the Will by Which One Remains Steadfast Despite the Tumult of the Appetites
7. Chastity: the Virtue Which Moderates the Pleasures of the Senses in Relation to Those Matters Pertaining to the 6th Commandment
8. Virginity: the Habit of Mind or Soul Which Always Refrains from Taking Delight, Even Interiorly, from Pleasures Associated with the 6th Commandment
9. Clemency or Meekness: Moderation of the Delight of Vindication (Of Anger)
10. Modesty Proper: the Virtue in Which One's Externals Do Not Draw Others into Sins Against the 6th and 9th Commandments
11. Humility: Willingness to Live in Accordance with the Truth; Refraining of the Irascible Appetite from Striving for Excellence Beyond One's State; Not Judging Oneself Greater than He Is
12. Eutrapelia: the Virtue of Right Recreation
13. Sportsmanship: the Virtue in Which One Regulates the Pleasures Specifically in Relation to Play or Games
14. Decorum: the Virtue in Which One's Externals Suits Person and Circumstances
15. Silence: the Virtue by Which One Does Not Speak Unless Necessary; Also the Virtue in Which One Seeks to Have Interior Quiet of the Appetites

16. Studiosity: the Virtue in Which One Pursues Knowledge According to One's State in Life

17. Simplicity: the Virtue in Which One Moderates One's Externals as to Quantity (Having Neither More than Is Necessary Nor Less)

## VICES AGAINST TEMPERANCE

1. Gluttony: Eating to Excess

2. Drunkenness: Drinking Alcohol to Excess

3. Lust: Illicit Desire for the Pleasures Pertaining to the 6th Commandment

4. Fornication: Conjugal Relations by the Unmarried

5. Mutual Acts Outside the Marriage State: Foreplay by Those Outside of Marriage

6. Rape: Conjugal Relations Outside of Marriage under the Duress of Violence

7. Adultery: Conjugal Relations Between Two People, of Which at Least One Is Married to Someone Else

8. Incest: Conjugal Relations Between Blood Relatives

9. Incontinence: Lack of Steadfastness Because of the Tumult of the Appetites

10. Anger: a Vice in Which One Does Not Moderate the Passion of Anger; an Inordinate Desire for Vindication Arising from Unmoderated Sorrow at Some Offense

11. Cruelty: Unmoderated Vindication with Respect to External Actions

12. Pride: Unwillingness to Live in Accordance with the Truth; Excessive Striving for Excellence Beyond One's State; Judging Oneself Greater than He Is

13. Curiosity: Inordinate Desire for Useless or Profane Knowledge

14. Crudity: Lack of Etiquette or Manners

15. Immodesty: Lack of Moderation Regarding One's Externals