

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; refraint 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