

## The Virtue of Temperance

**Directions:** Read the definition of the virtue and answer the questions.

*“Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods.”*

*Catechism of the Catholic Church, 1809*



1. What is your favorite treat (candy, snacks, dessert, etc.)?

\_\_\_\_\_

2. How much of your favorite treat is too much? How much is just enough?

Too much: \_\_\_\_\_

Enough: \_\_\_\_\_

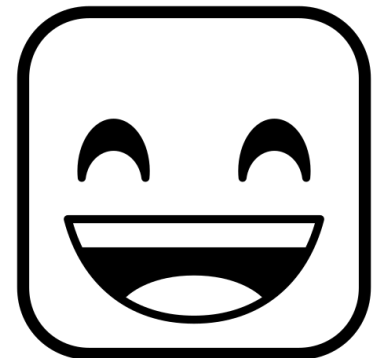
3. What is your favorite thing to do in your free time (TV, video games, reading, etc.)?

\_\_\_\_\_

4. How much of your favorite activity is too much? How much is just enough?

Too much: \_\_\_\_\_

Enough: \_\_\_\_\_



5. Pick one of your favorite treats or activities to give up for a day or for a week.

I am going to give up: \_\_\_\_\_

The hardest part about giving this up will be:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

