



SELF-CONTROL

VIA Survey calls this strength Self-Regulation

Virtue: Temperance. Strengths of temperance protect us from excess. Strengths comprised in this virtue are forgiveness, humility, prudence, and self-control.



WHAT DOES SELF-CONTROL MEAN?

You have the ability to control your emotions and behaviors. You think before you act.

Self-control is the act of managing behavior in a way that positively influences goal attainment and living up to standards. Possessing this strength protects people from destabilizing emotional extremes. Those with self-control are able to limit impulsive behavior. They have the ability to experience and navigate difficulty while remaining poised.

They understand that through discipline and restraint, there are greater, long-term goals that they can accomplish. Self-control is related to prudence, in that people with this strength are able to implement extended planning techniques in pursuit of difficult task completion. Self-control does not mean a lack of thoughts, feelings, or impulses; it just means you have command over them.

WHY DOES IT MATTER?

For individuals, self-control helps them delay the short-term gain in pursuit of a greater, long-term success. This strength is associated with having an “internal locus of control;” of being in control of (and responsible for) your own personal choices – and the outcomes of those choices. It gives people the power to diet, study for an exam, or practice a musical instrument. Some psychologists have likened self-control to a muscle: it gets stronger the more it’s used.

A group’s ability to demonstrate self-control often appears in the form of “self-monitoring.” This means that individuals demonstrate honesty with one another about successful group practices. When things are unsuccessful, group members have the ability to adjust roles in the interest of overall group success. It’s a crucial strength in our modern society and its mentality of impulsivity and consumption.

Individuals with this strength might be described as:

- Disciplined
- Poised
- Composed
- Cool
- Measured
- Restrained

Individuals with this strength are likely to think, feel, or behave in the following ways:

- I can wait.
- If I do this now, I will benefit from it later.
- I’m going to do this, even though I would rather not.
- I can control my anger and emotions.
- I am disciplined.
- The more I practice self-control, the better I get at it.
- I have the ability to consider the situation before responding.
- I know that my actions now have an impact on my success later.

QUOTES ON SELF-CONTROL

“Temperance is a disposition of the mind which binds the passions.”

-THOMAS AQUINAS

“You have power over your mind – not outside events. Realize this, and you will find strength.”

-MARCUS AURELIUS

“Today I will do what others won’t, so tomorrow I can accomplish what others can’t.”

-JERRY RICE

“The first and best victory is to conquer self.”

-PLATO

“The best fighter is never angry.”

-LAO TZU