

Topic: Temperance/Self-control

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The strive for temperance:

A necessary virtue, indelible in time

Life for me has been an interesting journey. From the time of my adolescence, I have been indulging to what society calls vices, without considering the forthcoming consequences. My goal was to enjoy each moment as it was the last one, and always surrender to peer pressure. This phenomenon was defining most of my friends and other youth of our age. Without any self-control, all we desired was to be under the influence of alcohol or marijuana, be absent from school and instead consume our time by hanging out by the side of the street, smoking and listening to music. This unrestrained way of life had a negative impact in my late teenage years. As time went by, I realized the need of a revolution, a revolution necessary leading me to maturity and adulthood. First, I had to detach myself from the desires restraining me from progress. I recognized the key vehicle to get there was temperance. "A moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods" (Libreria Vaticana). Embracing this virtue has positively impacted my relationship with close family, helped me advance in education and succeed in the workplace.

Soon enough, I realized that instable practices would only cause a deficit in my life. Although it took me time adopting into good practices and habits, my family was there for me as the first group where I was able to expand my temperance. Beginning by eating in moderation and not until I could barely get up from the table, by adopting daily healthy routines, such as waking up early, making my bed and keeping personal hygiene, I began feeling pride of my character. Being involved in sports was an enhancement of my self-control. Keeping up with practice sessions, listening to coach's instructions and being part of a team requires a certain temperance. One must stay focused, ignore distracting enticements and overcome weaknesses, in order to be

able to contribute to the team. I kept sports in my life, and even made it a career. Later, by getting married to my wife did not impede my involvement in sports or my striving for temperance. It actually served as a step to the next level of self-control. Being in a healthy relationship requires devotion and solicitude, which meant I had to be even more restrained. According to new research, being married does actually seem to change your relationship, making you more forgiving of your partner and giving you better self-control (Reid Rebecca). I detached myself completely from sinful friends of negative influence. Ceased the life style of an all-nighter who abuses drugs and alcohol and embraced the sense of finding purpose and feeling pride. I was praised by my wife and other people who recognized my efforts. These feelings were catalysts to my effort for self-control and.

Having reached a certain level of temperance and being conscious of the effects and the positive aspects of my life, I decided to sign up for college and graduate. By committing to this, I knew I was entering a new circle of distractions. Meeting new people, being invited to parties or events are just a few of the diversions and temptations encountered. I was afraid to fall back to my old habits.

According to Ruth C. Engs of Indiana University,

Alcohol abuse among university students is not a new phenomenon that emerged in the last decades of the twentieth century. Heavy drinking among students has been noted for centuries.... This is likely due to the fact that alcohol tends to be drunk in "underground drinking" situations outside of adult supervision in student rooms and off campus housing. Other factors include reactance motivation - "forbidden fruit" - that makes the consumption of alcohol enticing just because it is illegal, a "badge of rebellion against authority," and a symbol of "adulthood."

Knowing my past, I had to find ways focusing on my studies and my ultimate goal of earning my degree. I achieved this by enrolling to an Accelerated Studies program. There, student managers advised me and supported my progress towards my goals, while at the same time I met other students who strove for the same goals as myself. Amongst us, we recognized each other's effort to better ourselves. Staying away from the conventional college student habits is a virtue, which between our group is acknowledged and promoted to every new member. This has built a strong team effort that results in a productive academic career.

Striving for temperance and coping for making good choices in life, has also reflected in my social interactions. People appreciate others who don't indulge in the habit of "the easy way out". They appreciate people who put an effort to develop and struggle for the common good. This occurrence is very often seen in the workplace. Here, employees from the basic level and up, seek appreciation, which makes them feel safer, more energized and free. (Schwartz Tony). This appreciation can only be earned through virtuous hard work. When you show your manager that they can count on you, when you exhibit a strong character and habitual self-control, this merit does not go unnoticed. My occupation as a part-time interim played a significant part in the development of my temperance. It helped me stay even more focused on my goals while utilizing the learnings from school. I began to realize how important and precious time was. I began to improve my time management which allowed me to spend time with things that matter in life, like family and friends, instead of an emptiness of meaning and values.

In conclusion I recognize It has been a long and difficult run. Changing the old ways of what makes you feel good and socially accepted to being restrained and productive, is really challenging. Many times, you can be faced with your nemesis, iniquity, who will always challenge one's endeavor for self-control. (Akst Daniel) There, comes the character of the individual to resist the "akrasia". A character nurtured by the surrounding of family, where good habits and the virtue of temperance begins to develop as well as social interactions with people who recognize your qualities, and give credit to your accomplishment of self-control. Aiming to be productive by participating in collegiate activities, which requires commitment and your undivided attention, can only result in a rewarding outcome. In addition, by having a good career, it provides you a good vibe and positive energy which encourages you to make temperance a habit. Temperance can elevate you to a level of merit, beneficial to life, recognized and praised by others. By achieving this level, you are then a virtuous man.

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