

self-control: rejecting wrong desires and doing what is right

Have willpower?

Self-control *n* 1: control of one's emotions, desires, or actions by one's own will 2: moral self-restraint

Self-control involves self-government: keeping one's own internal capacities in proper relationship. *Emotions*, for example, need to be under control of the *will* (the decision-making faculty). The *will*, in turn, needs to be governed by the *mind* (the faculty of understanding and reason). The *mind*, finally, should be responsive to the *conscience*, which needs to be fortified by the principles of ideal character. The result is a balanced life.

Self-control is not negative restraint but rather positive life management.

Self-control is having a focus in life more important than self-gratification and bringing selfish desires under control in order to achieve a greater end.

Self-control involves focusing on others along with focusing on yourself. Guard the little decisions that shape your character by acknowledging your weaknesses and establishing safeguards ahead of time.

Self-control is accepting the opportunity to restrain yourself. The alternative is to wait for authorities, broken health, debt, and other consequences to force unpleasant (and often irreversible) restraints upon you.

"He who reigns with himself, and rules passions, desires, and fears, is more than a king."

(Milton)

"One act of self-restraint is better than a hundred successful battles."

(J.C.Nevin)

"He is strong who conquers others, but he who conquers himself is mighty."

(Lao-tzu (c. 500 B.C.))

self-control vs. self-indulgence

Self-control is:

- * not acting impulsively
- * not equating desires with rights
- * setting my own limits
- * seeing anger as a sign that something is wrong
- * walking away from things that aren't right

People that show self-control know that only they are in charge of their futures, and no one else. They take the responsibility for their actions and have the self-restraint to abstain from destructive, addictive, irrational, and unacceptable behaviors. Self control is the tool to keeping a healthy balance in life, whether in relationships, emotions, or ethics.

Show restraint!



Control your temper, and resolve your anger rather than letting it fester. Develop the discipline to do the right thing at the right time. Self-control enables you to win the most important battle of all-the battle to master yourself. Self-control means preparing boundaries ahead of time so that you know how you will react in difficult situations, and can be assured that you will make the right choice.

Self control results in your life having a balance and focus by helping you to cope with new challenges in life as they come. One thing in life which you can successfully change and control is YOURSELF.

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From the coordinator:

Life is in the Details!

Big decisions come and go, but the majority of life is shaped by the little decisions we make on a daily basis. It is in making these little decisions that character is formed.

Should I take a break from this task or just stick to it until I finish?

Should I speak my mind or keep quiet in this situation?

Should I buy it or not?

Should I have ice cream or fruit for dessert?

Do you have a weakness for procrastination? Understanding this will help a person to exercise self-control when

contemplating whether to take a break or keep on working.

Do you have an appetite to buy the latest and greatest? Knowing your tendencies will help you restrain self-indulgence.

It is not the purchase, the ice cream, or the break that you are evaluating, each of these can be right or wrong under varying circumstances. Self Control is analyzing and acknowledging your tendencies to enable you to take the right steps in developing your character.

*Dawn Wright,
Topeka City of Character*



self-control

Self control also means being your own boss. Only you are responsible for your decisions and actions, so don't be tempted to follow others' negative persuasion. Don't allow yourself to become someone else's hand-puppet. Choose to always do the RIGHT thing.



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Good character is the key to success!