

# Aristotle's Golden Mean

*To find a sense of happiness in one's life, an individual must find balance between extremes of vices.*

Emotional (Re)Action	Excess (+)	Mean (balance)	Deficiency (-)
Fear/Confident	Rash	<b>Courageous</b>	Cowardice
Pleasure/Pain	Licentiousness (Promiscuous)	<b>Temperate (mild)</b>	Insensibility (Indifferent)
Giving/Taking (minor)	Prodigal (Spendthrift)	<b>Liberal (free)</b>	Miserly/Hoarding
Spending Large Sums	Vulgarity	<b>Magnificence</b>	Meagerly
Important Honors	Vanity	<b>Magnanimity</b>	Unduly Humble
Small Honors	Overly Ambitious	<b>Proper Ambition</b>	Unambitious
Anger	Irascibility (Ill tempered)	<b>Good Tempered</b>	Lack of Spirit/Feeble (Push-over)
Self-Truth	Boastfulness	<b>Truthful</b>	Falsely modest
Conversation	Buffoonery (Dullard/simpleton)	<b>Wittiness</b>	Boorishness (Manipulate discussions)
Social Conduct	Obsequious/Flattery (Servile)	<b>Friendliness</b>	Cantankerous (Quarrelsome)
Shame	Shy	<b>Modesty</b>	Shameless
Indignation (Attitude towards another's good fortune)	Envious/Jealousy	<b>Righteous Indignation (Irritated by others' undeserved good fortune)</b>	Malicious Enjoyment (Spiteful)