

## SELF-DISCIPLINE/SELF-CONTROL

Rather than being at the mercy of external forces and pulled by her emotions, she remains in command of her feelings and actions at all times.

While she is agreeable and always ready to adapt herself to circumstances, she has plenty of backbone and can stand firm when she feels she is being pushed too far or she is morally challenged.

She will not bend if asked to do something that might compromise her principles.

There is a tendency to compare yourself with other people. If you find yourself coming up short, you can become somewhat brooding and melancholy.

Although you are a person of very strong feelings, it is not easy for you to express them. It seems that you were taught at a young age to control your emotions and not let them out. As a result, you continue to monitor your feelings and filter them through your mind instead of letting them sink right into your heart.

Although you need to be able to say just how you are feeling at the moment, you have enough self-control to be able to hold back for a more suitable time.

Sometimes maintaining self-control takes a lot of willpower and you have to be careful not to overdo too much of a good thing.

Sometimes a conflict between feeling your emotions and denying them makes you moody and irritable., Unsure why you feel out of sorts, you stand tall and tell yourself to stay in control.

Because you are disciplined and precise in your efforts, you maintain control very well. You've learned from your upbringing that this is the right way to be, and you hold on to that belief faithfully.

He enjoys receiving the appropriate recognition for his accomplishments; however, self-consciousness indicates that there are areas in which he may not be comfortable and tries to avoid calling undue attention to himself.

Most of the time you are in control of your emotions; however, people and things often irritate you.