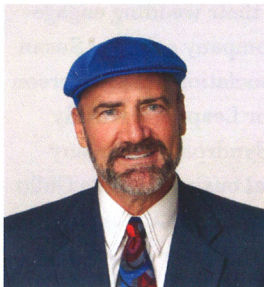




RESTRAINT-FYP

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Restraint is a measure or condition that keeps someone or something under control or within limits. We all attempt to keep in check our feelings and emotions depending on many factors including the depth of our conviction, the effect on our health, safety or general good feeling, as well as many other reasons.

As long as our actions and reactions do not cause deprivation or restriction of personal liberty, freedom of movement, physical or emotional safety, then they are to be deemed acceptable. It is when we cross these lines – restraint is a must. Even in situations where our influence can be such that it may cause the unwanted effects to us or others.

Restraint can be a blessing, but restraint can also keep us stuck when it's used as an excuse. How are you with restraining yourself from things that you need to be moving forward with? Being controlled by fear, putting off decisions that could be made now or withholding good from our fellow man when we have the means to do so, these are ways that restraint can keep us stuck in our tracks.

How is restraint a blessing? Limiting ourselves from eating too much unhealthy food, restraining from being lazy, not allowing ourselves to be involved in idle gossip -- these are all ways that restraint works for our good. Good relationships can be kept balanced by proper restraint. Always be yourself – just be sure that you are someone who follows and values restraint.

Use restraint to your advantage this year to create a better lifestyle, build deeper relationships and do more good for your family, community and this great nation we live in.