

Example of Aristotle's Golden Mean

VICE (Defect)	VIRTUE (Mean)	VICE (Excess)
Cowardice (too little confidence)	Courage	Rashness (too much confidence)
Foolhardiness (too little fear)	Courage	Cowardice (too much fear)
Insensibility (too little pleasure)	Temperance	Self-indulgence (too much pleasure)
Meanness or Stinginess (too little giving)	Liberality	Wastefulness (too much giving)
Stinginess (in giving out large sums of money)	Magnificence	Tastlessness and Vulgarly (giving out large sums)
Undue Humility (too little honor)	Proper Pride	Empty Vanity (too much honor)
Inirascibility (too little anger)	Good Temper	Irascible (too much anger)
Shamelessness (too little shame)	Modesty	Bashfulness (too much shame)
Surliness	Friendliness	Flattery