

How to Use This Presentation



- To View the presentation as a slideshow with effects select “**View**” on the menu bar and click on “**Slide Show.**”
- To advance through the presentation, click the right arrow key or the space bar.
- From the resources slide, click on any resource to see a presentation for that resource.
- From the Chapter menu screen click on any lesson to go directly to that lesson’s presentation.
- You may exit the slide show at any time by pressing the **Esc** key.



Chapter menu

Resources

Resources



Chapter Presentation

Image and Activity Bank

Transparencies

Brain Food Video Quiz

Bellringers

Quotes About Character

Chapter Menu

Quotes About Character

“Our reverence is good for nothing if it does not begin with self-respect.”

—Oliver Wendell Holmes



[Chapter menu](#)

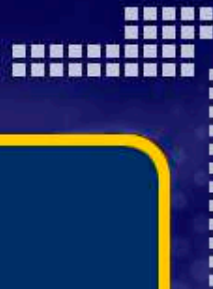
[Resources](#)

What's Your Health IQ?

BEHAVIOR

Indicate how frequently you engage in each of the following behaviors (1 = never; 2 = occasionally; 3 = most of the time; 4 = all of the time). Total your points, and then turn to p. 642.

1. I praise myself when I do a good job.
2. I do what I know is right, even if others use pressure to try to stop me from doing the right thing.
3. I am confident enough to try new things, even if I might fail at them.
4. I ask people for help if I need it.
5. I like to volunteer to help others when I can.
6. I concentrate on my strengths and work to improve my weaknesses.



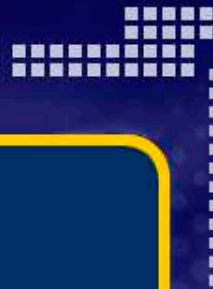
Contents

- **Section 1** Building Your Self-Esteem
- **Section 2** Using Good Communication Skills
- **Section 3** Mental and Emotional Health
- **Section 4** Understanding Mental Disorders



Chapter menu

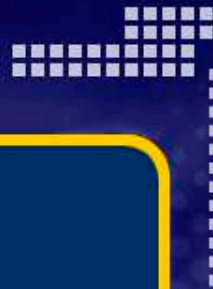
Resources



Bellringer

- List the benefits of having high self-esteem. Why would you want to have high self-esteem?

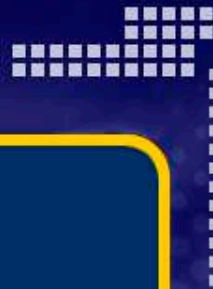




Objectives

- **Define** self-esteem.
- **List** the benefits of high self-esteem.
- **Identify** factors that influence the development of self-esteem.
- **Describe** ways you can improve your self-esteem.

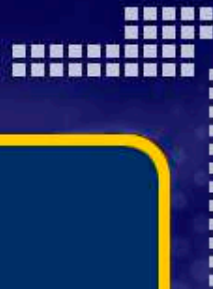




What is Self-Esteem?

- **Self-esteem** is a measure of how much you value, respect, and feel confident about yourself.
- **Benefits of High Self Esteem**
 - Increased respect for yourself
 - Increased ability to reach goals
 - Increased willingness to try new things
 - Increased feelings of value





What is Self-Esteem?

- **Risks of Low Self Esteem**
 - Vulnerable to peer pressure
 - More likely to make unhealthy decisions
 - More likely to be critical of self and others
 - Increased risk of depression and suicide



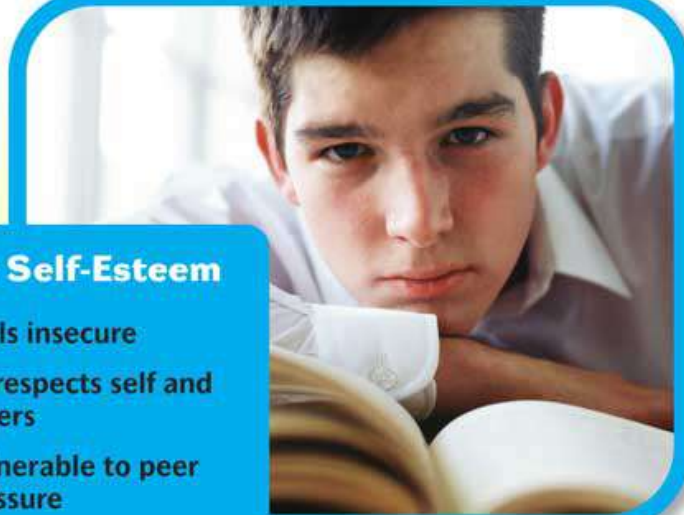
Chapter 3

Section 1 Building Your Self-Esteem



High Self-Esteem

- ▶ Speaks up for self
- ▶ Respects self and others
- ▶ Has confidence
- ▶ Tries new things
- ▶ Feels valuable to society
- ▶ Adjusts to change
- ▶ Feels optimistic
- ▶ Makes decisions based on values



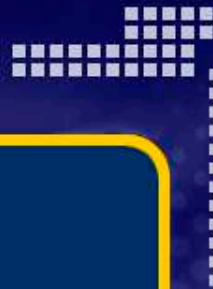
Low Self-Esteem

- ▶ Feels insecure
- ▶ Disrespects self and others
- ▶ Vulnerable to peer pressure
- ▶ Doesn't feel valuable
- ▶ Feels depressed
- ▶ Fears failure
- ▶ Uses drugs and alcohol
- ▶ Feels pessimistic
- ▶ Behaves destructively

Photos – (cl, cr), ©Stockbyte

[Chapter menu](#)

[Resources](#)



The Development of Self-Esteem

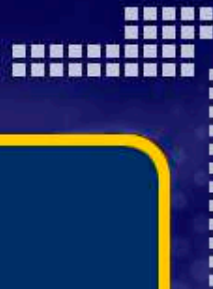
- **Self-concept** is a measure of how you view yourself.
- Your self-esteem affects the way you interpret messages from others.
- You can choose to view some negative messages as constructive criticism.
- Your self-esteem does not have to suffer from negative messages from others. You have the power to control your self-esteem.





Ten Tips for Building Self-Esteem

- ▶ Volunteer at a soup kitchen or other community service.
- ▶ Make a list of your strengths.
- ▶ Speak positively about yourself and others.
- ▶ Take care of your physical health.
- ▶ Reward yourself when you do well.
- ▶ Try something new.
- ▶ Choose friends who support you and your positive choices.
- ▶ Set a goal to improve a weakness.
- ▶ Cheer yourself through hard times.
- ▶ Have fun.



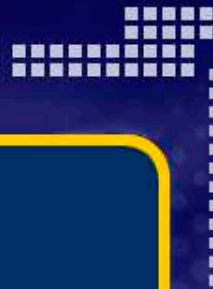
Improving Your Self-Esteem

- **Use Positive Self-Talk** Send positive messages to yourself.
- **Act with Integrity** Integrity means doing what you know is right.
- **Choose Supportive Friends** Your friends should acknowledge your strengths and support your goals.
- **Accept Yourself** Focus on your strengths and let go of weaknesses that you cannot change.



Chapter 3

Section 2 Using Good Communication Skills



Bellringer

- Write four examples of good communication. Label each one as preventing misunderstandings, building healthy relationships, or expressing yourself.

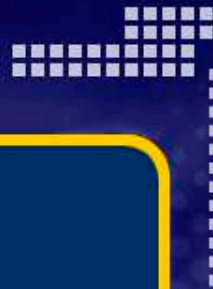


Chapter menu

Resources

Chapter 3

Section 2 Using Good Communication Skills



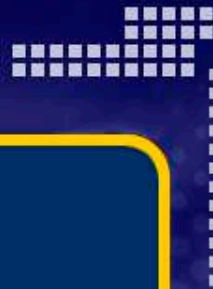
Objectives

- **Summarize** why good communication is important.
- **Differentiate** between passive, assertive, and aggressive communication styles.
- **Name** five characteristics of good listening skills.
- **List** three examples of body language.
- **List** five ways to improve your speaking skills.



Chapter menu

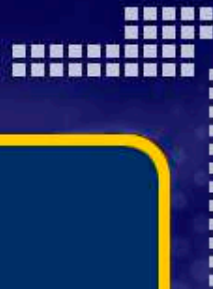
Resources



Good Communication is Important

- **Preventing Misunderstandings** Unclear communication can cause hurtful misunderstandings.
- **Building Healthy Relationships** Communication is a tool for building good relationships.
- **Expressing Yourself** Good communication skills allow you to let others know what you want and need.





Communication Styles

- **Passive** A passive communicator does not offer opposition when challenged or pressured.
- **Aggressive** An aggressive communicator is hostile and unfriendly.
- **Assertive** When you communicate assertively, you express yourself in a direct, respectful way.



Chapter 3

Section 2 Using Good Communication Skills

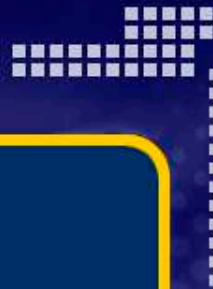


Communication Styles

Situation	Passive response	Aggressive response	Assertive response
Someone cuts in front of you in line.	You don't say anything.	"Well, you must think you're special!"	"Excuse me, but I believe I'm next in line."
Your best friend tells someone else one of your secrets.	You don't say anything, but you vow never to tell her another secret.	"I hate you! I'm never going to trust you again!"	"It hurt me to find out you told my secret to someone else. Please don't repeat my secrets again."
Your boss asks you to work late for the third night in a row.	You agree but feel worried about finishing your homework tonight.	"You are so inconsiderate! I quit!"	"Sorry, I can't work tonight. I have a lot of homework do."

[Chapter menu](#)

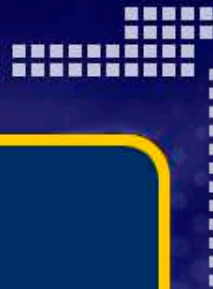
[Resources](#)



Speaking Skills

- **Voice Volume** Speaking too loudly or too softly can send a bad message.
- **Tone and Pitch** Your inflection conveys your attitude.
- **“I” Messages and “You” Messages** An “I” message explains how you feel. A “you” message can seem like blame.
- **Empathy** Empathy is the ability to understand another person’s feelings.

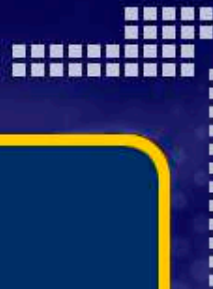




Listening Skills

- **Active Listening** means letting the speaker know you are listening and clarifying anything confusing.
- **Paraphrasing** means using your own words to restate what someone else says.





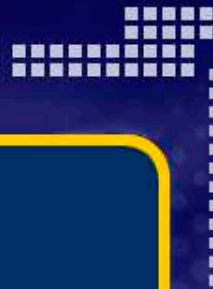
Body Language

- What do you think each of the following may be communicating?
 - Opening your eyes wide
 - Scratching your head
 - Opening your mouth wide
 - Snarling
 - Scrunching your eyebrows in a “V”
 - Standing straight and tall
 - Winking



Chapter 3

Section 3 Mental and Emotional Health



Bellringer

- Describe a situation in which someone expressed his or her emotions in a positive and effective way. What was the emotion, how was it expressed? Why is this a positive example of expressing an emotion effectively?

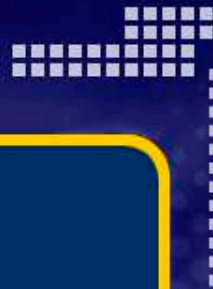


[Chapter menu](#)

[Resources](#)

Chapter 3

Section 3 Mental and Emotional Health



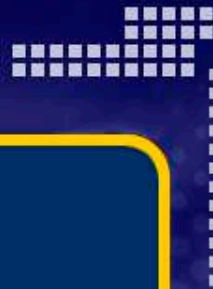
Objectives

- **Describe** the characteristics of positive mental health.
- **Compare** the stages of Maslow's hierarchy of needs.
- **Describe** how you can learn to express emotions in positive ways.
- **Identify** the limitations of defense mechanisms.
- **Describe** three positive strategies for managing your emotions.



Chapter menu

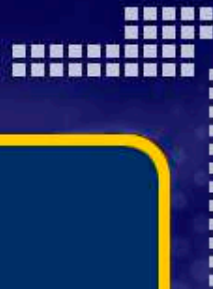
Resources



Mental Health

- **Mental health** is a state of mental well-being in which you can cope with the demands of daily life.
- Characteristics of mentally and emotionally healthy people include:
 - A sense of control
 - Can endure failures and frustrations
 - Ability to see events positively
 - Can express emotions in a healthy way



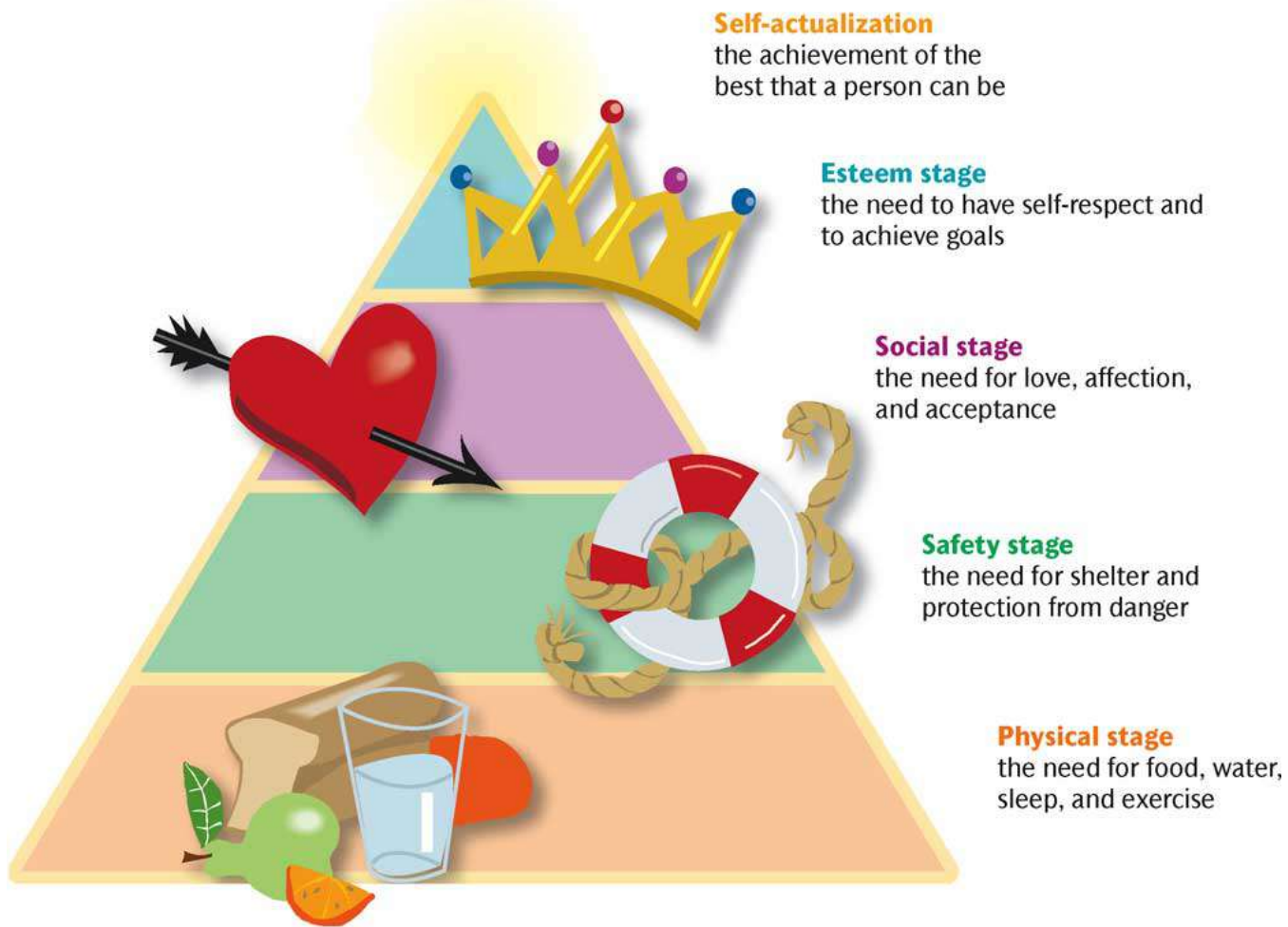


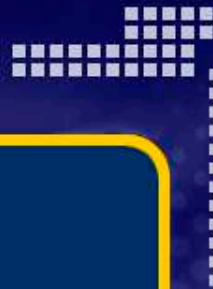
Maslow's Hierarchy of Needs

- **Self-actualization** is the achievement of the best that a person can be.
- Abraham Maslow believed that everyone has a drive to reach self-actualization.
- Maslow's **hierarchy of needs** is a list of the basic needs one must achieve on the way to self-actualization.



Maslow's Hierarchy of Needs

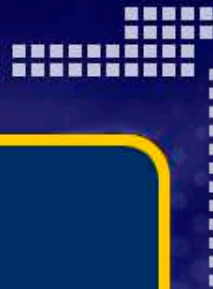




Expressing Emotions

- An **emotion** is a feeling produced in response to life experiences.
- Expressing emotions in a healthy way is important for your mental and emotional health.
- You learn to express your emotions in part by observing others.
- You can relearn how to express emotions more constructively.

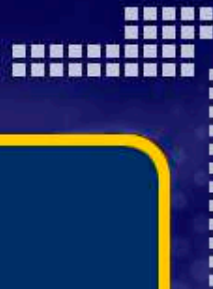




Managing Emotions

1. **Talk it out** Talk out the way you are feeling with a friend or in your own head
2. **Blow off steam** Physical activity, such as exercise or sports, can help you release energy.
3. **Be creative** Creative activities also help release tension.

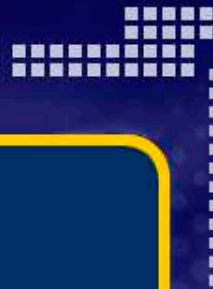




Managing Emotions

- **Anger** often results from frustration.
- Anger can always be dealt with appropriately.
- Learn to recognize when you feel angry.
- When you do feel angry, try to calm down before taking action.

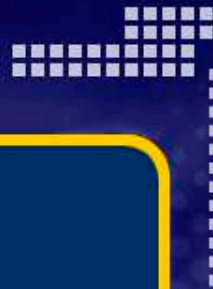




Managing Emotions

- **Fear** can be debilitating or it can protect you from real danger.
- Use self-talk to get over an unwanted fear.
- **Guilt** can alert you when you are acting against your values.
- To deal with guilt, do your best to right the wrong.

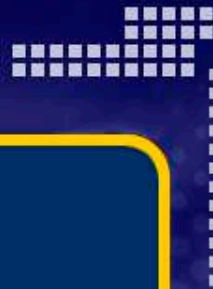




Managing Emotions

- **Jealousy** is often caused by fear that someone or something you love will be lost.
- Talking about your jealousy is often the best way to cope with it.
- **Loneliness** is a feeling of being emotionally isolated from others.
- A good way to manage loneliness is to actively seek out other people.





Managing Emotions

- A **defense mechanism** is an unconscious thought or behavior used to avoid unpleasant emotions.
- Some defense mechanisms can help you cope with difficult emotions temporarily.
- Most defense mechanisms, however, just mask unwanted feelings.
- It is usually better to manage your emotions more actively.



Chapter 3

Section 3 Mental and Emotional Health



Defense Mechanisms

Mechanism	What is it?	Example
Compensation	making up for weakness in one area by achieving in another	trying to get an A in your other classes because you are doing poorly in math
Daydreaming	imagining pleasant things that take your mind off the unpleasant reality	daydreaming in detention about what it will be like when you graduate and when teachers can't tell you what to do anymore
Denial	refusing to accept reality	telling everyone that you are still going out with your boyfriend or girlfriend even though he or she broke up with you
Displacement	shifting feelings about one person or situation to another person or situation	yelling at your family when you are angry at your teacher

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 3 Mental and Emotional Health



Defense Mechanisms

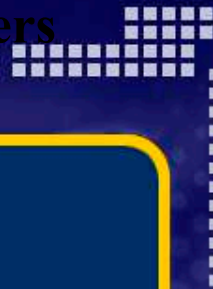
Mechanism	What is it?	Example
Idealization	copying someone you think highly of because you don't feel good about who you are	copying the clothing and appearance of a famous musician
Projection	seeing your own faults or feelings in someone else	accusing your boyfriend or girlfriend of flirting with others because you flirt
Rationalization	making excuses for or justifying behavior	not studying for a test because you need the time to practice for the school play
Regression	reacting to emotions in a childlike or immature fashion	kicking the lockers because you were sent to the principal's office
Repression	blocking out painful thoughts or feelings	ignoring your memories about all the times your divorced parents had fights
Sublimation	redirecting negative impulses into positive behavior	painting a mural when you are mad instead of creating graffiti

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 4 Understanding Mental Disorders



Bellringer

- What symptoms or behaviors do you associate with depression?

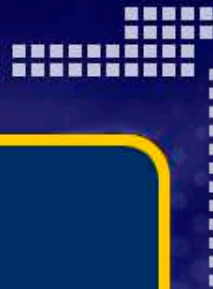


[Chapter menu](#)

[Resources](#)

Chapter 3

Section 4 Understanding Mental Disorders



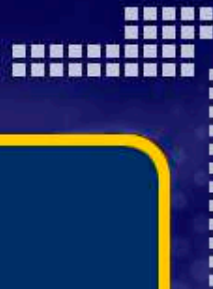
Objectives

- **Describe** what mental disorders are.
- **List** seven signs of a mental disorder.
- **Summarize** causes of mental disorders.
- **Identify** community resources available for mental health problems.



[Chapter menu](#)

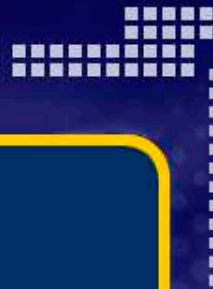
[Resources](#)



What Are Mental Disorders?

- A **mental disorder** is an illness that affects a person's thoughts, emotions, and behaviors.
- Mental disorders are often misunderstood.
- Many mental disorders are treatable.
- Knowing the symptoms can help you understand mental disorders.
- A **symptom** is a change in a person's body or mind that is caused by a disease or disorder.

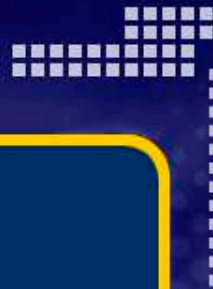




Types of Mental Disorders

- The following are common symptoms of many mental disorders:
 - Too much or too little sleep
 - Feelings of extreme sadness
 - Unexplained mood changes
 - Drug or alcohol abuse

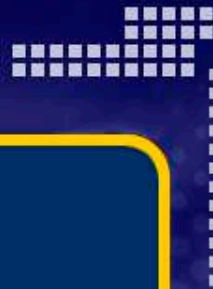




Types of Mental Disorders

- The following are common symptoms of many mental disorders:
 - Inability to concentrate
 - Extreme anxiety or irrational fear
 - Personality changes
 - False perceptions of reality





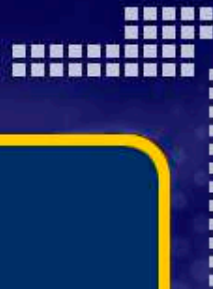
Types of Mental Disorders

- **Depression** is sadness and hopelessness that keeps a person from carrying out everyday activities.
- The following are common symptoms of depression:
 - Lack of energy
 - Withdrawal from people
 - Loss of appetite or overeating
 - Too much or too little sleep
 - Feelings of helplessness and hopelessness



Chapter 3

Section 4 Understanding Mental Disorders



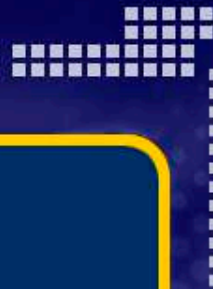
If you are experiencing depression:

1. **Face the problem** Seek professional help.
2. **Identify the problem** Try to find out what is causing the depression. It could be loneliness, a loss, or a chemical imbalance.
3. **Take action** Some ways to cope with depression include changing negative thinking, seeking support from others, and increasing physical activity.



[Chapter menu](#)

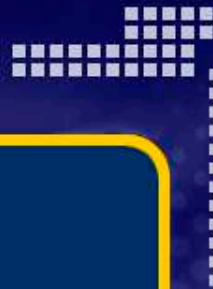
[Resources](#)



Types of Mental Disorders

- **Attention Deficit/Hyperactivity Disorder (ADHD)** is the most commonly diagnosed mental disorder in children. It is a lifelong disorder.
- Symptoms of ADHD include being frequently inattentive or impulsively hyperactive.
- The causes of ADHD are unknown.
- ADHD can be treated.

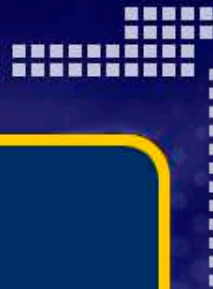




Types of Mental Disorders

- **Anxiety disorders** are fear-based disorders that can keep you from taking part in daily activities.
- **Panic disorder** is characterized by extreme terror and panic attacks.





Types of Mental Disorders

- **Phobias** are anxiety disorders characterized by extreme fear of something that poses no real danger.
- **Obsessive-compulsive disorder** is characterized by uncomfortable thoughts called *obsessions* and repetitive behaviors called *compulsions*.



Chapter 3

Section 4 Understanding Mental Disorders



Mental Disorders

Disorder	Description
Major depression	<ul style="list-style-type: none">▶ feelings of hopeless and sadness that last for more than a few days▶ inability to take part in daily activities
Attention-deficit/hyperactivity disorder (ADHD)	<ul style="list-style-type: none">▶ difficulty concentrating▶ difficulty completing tasks▶ difficulty following instructions▶ impulsive and hyperactive
Panic disorder	<ul style="list-style-type: none">▶ sudden feelings of terror that strike without warning▶ putting oneself in danger by desperately trying to escape the situation
Phobias	<ul style="list-style-type: none">▶ irrational fear of something that causes no real danger, such as spiders, elevators, or giving a speech▶ possible panic attacks

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 4 Understanding Mental Disorders



Mental Disorders

Disorder

Description

Obsessive-compulsive disorder

- ▶ repeated, disturbing, and unwanted thoughts
- ▶ ritual behaviors that are perceived as impossible to control such as repeatedly washing one's hands

Post-traumatic stress disorder

- ▶ avoidance of experiences that could trigger memories of a traumatic experience such as wartime experiences or abuse

Eating disorders

- ▶ obsessive behavior and thoughts about weight control
- ▶ starvation of oneself such as anorexia nervosa
- ▶ consumption of large amounts of food followed by vomiting

Hypochondria

- ▶ belief of illness when none is present

Bipolar disorder

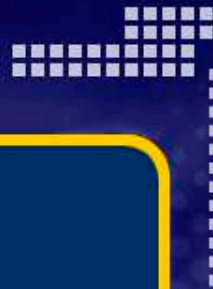
- ▶ uncontrollable cycles of extreme happiness and then depression

Schizophrenia

- ▶ false perceptions of reality
- ▶ hallucinations and/or delusions

[Chapter menu](#)

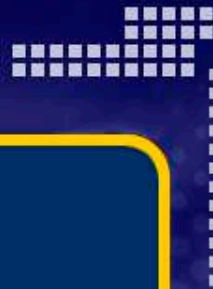
[Resources](#)



Causes of Mental Disorders

- Some mental disorders develop from traumatic or stressful life experiences.
- Some mental disorders can be inherited.
- Some mental disorders are caused by physical disorders or injuries.
- Whatever the cause, many mental disorders can be treated or cured.





Help for Mental Disorders

- **Psychotherapy** is especially useful in treating mental disorders caused by traumatic experiences.
- In **group therapy**, a licensed therapist leads a group of people who may have a similar disorder.
- **Medication** can also help in the treatment of some mental disorders.



Brain Food Video Quiz



Click below to watch the Brain Food Video Quiz that accompanies this chapter.

[Brain Food Video Quiz](#)

You may stop the video at any time by pressing the **Esc** key.



[Chapter menu](#)

[Resources](#)

End of Chapter 3 Show



[Chapter menu](#)

[Resources](#)



Ten Tips for Building Self-Esteem

- ▶ Volunteer at a soup kitchen or other community service.
- ▶ Make a list of your strengths.
- ▶ Speak positively about yourself and others.
- ▶ Take care of your physical health.
- ▶ Reward yourself when you do well.
- ▶ Try something new.
- ▶ Choose friends who support you and your positive choices.
- ▶ Set a goal to improve a weakness.
- ▶ Cheer yourself through hard times.
- ▶ Have fun.

Chapter 3

Section 2 Using Good Communication Skills



Communication Styles

Situation	Passive response	Aggressive response	Assertive response
Someone cuts in front of you in line.	You don't say anything.	"Well, you must think you're special!"	"Excuse me, but I believe I'm next in line."
Your best friend tells someone else one of your secrets.	You don't say anything, but you vow never to tell her another secret.	"I hate you! I'm never going to trust you again!"	"It hurt me to find out you told my secret to someone else. Please don't repeat my secrets again."
Your boss asks you to work late for the third night in a row.	You agree but feel worried about finishing your homework tonight.	"You are so inconsiderate! I quit!"	"Sorry, I can't work tonight. I have a lot of homework do."

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 3 Mental and Emotional Health



Defense Mechanisms

Mechanism	What is it?	Example
Compensation	making up for weakness in one area by achieving in another	trying to get an A in your other classes because you are doing poorly in math
Daydreaming	imagining pleasant things that take your mind off the unpleasant reality	daydreaming in detention about what it will be like when you graduate and when teachers can't tell you what to do anymore
Denial	refusing to accept reality	telling everyone that you are still going out with your boyfriend or girlfriend even though he or she broke up with you
Displacement	shifting feelings about one person or situation to another person or situation	yelling at your family when you are angry at your teacher

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 3 Mental and Emotional Health



Defense Mechanisms

Mechanism	What is it?	Example
Idealization	copying someone you think highly of because you don't feel good about who you are	copying the clothing and appearance of a famous musician
Projection	seeing your own faults or feelings in someone else	accusing your boyfriend or girlfriend of flirting with others because you flirt
Rationalization	making excuses for or justifying behavior	not studying for a test because you need the time to practice for the school play
Regression	reacting to emotions in a childlike or immature fashion	kicking the lockers because you were sent to the principal's office
Repression	blocking out painful thoughts or feelings	ignoring your memories about all the times your divorced parents had fights
Sublimation	redirecting negative impulses into positive behavior	painting a mural when you are mad instead of creating graffiti

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 4 Understanding Mental Disorders



Mental Disorders

Disorder	Description
Major depression	<ul style="list-style-type: none">▶ feelings of hopeless and sadness that last for more than a few days▶ inability to take part in daily activities
Attention-deficit/hyperactivity disorder (ADHD)	<ul style="list-style-type: none">▶ difficulty concentrating▶ difficulty completing tasks▶ difficulty following instructions▶ impulsive and hyperactive
Panic disorder	<ul style="list-style-type: none">▶ sudden feelings of terror that strike without warning▶ putting oneself in danger by desperately trying to escape the situation
Phobias	<ul style="list-style-type: none">▶ irrational fear of something that causes no real danger, such as spiders, elevators, or giving a speech▶ possible panic attacks

[Chapter menu](#)

[Resources](#)

Chapter 3

Section 4 Understanding Mental Disorders



Mental Disorders

Disorder	Description
Obsessive-compulsive disorder	<ul style="list-style-type: none">▶ repeated, disturbing, and unwanted thoughts▶ ritual behaviors that are perceived as impossible to control such as repeatedly washing one's hands
Post-traumatic stress disorder	<ul style="list-style-type: none">▶ avoidance of experiences that could trigger memories of a traumatic experience such as wartime experiences or abuse
Eating disorders	<ul style="list-style-type: none">▶ obsessive behavior and thoughts about weight control▶ starvation of oneself such as anorexia nervosa▶ consumption of large amounts of food followed by vomiting
Hypochondria	<ul style="list-style-type: none">▶ belief of illness when none is present
Bipolar disorder	<ul style="list-style-type: none">▶ uncontrollable cycles of extreme happiness and then depression
Schizophrenia	<ul style="list-style-type: none">▶ false perceptions of reality▶ hallucinations and/or delusions

[Chapter menu](#)

[Resources](#)

Quotes About Character



“If you stand straight, do not fear a crooked shadow.”

—Chinese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“One falsehood spoils a thousand truths.”

—African Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man cannot be comfortable without his own approval.”

—Mark Twain



[Chapter menu](#)

[Resources](#)

Quotes About Character

“Our reverence is good for nothing if it does not begin with self-respect.”

—Oliver Wendell Holmes



[Chapter menu](#)

[Resources](#)

Quotes About Character



**“When the character of a man is not clear to you,
look at his friends.”**

—Japanese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What lies behind us and what lies before us are small matters compared to what lies within us.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A good name, like good will, is got by many actions and lost by one.”

—Lord Jeffrey



[Chapter menu](#)

[Resources](#)

Quotes About Character



“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“He that respects himself is safe from others; He wears a coat of mail that none can pierce.”

—Henry Wadsworth Longfellow



[Chapter menu](#)

[Resources](#)

Quotes About Character



“The reputation of a thousand years may be determined by the conduct of one hour.”

—Japanese Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Dreams are the touchstones of our character.”

—Henry David Thoreau



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man’s character is his fate.”

—Heraclitus



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What you do speaks so loud that I cannot hear what you say.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Abstinence is the surety of temperance.”

—Plato



[Chapter menu](#)

[Resources](#)

Quotes About Character



“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”

—William Shakespeare



[Chapter menu](#)

[Resources](#)

Quotes About Character



“No change of circumstances can repair a defect of character .”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”

—Aristotle



[Chapter menu](#)

[Resources](#)

Quotes About Character



“The way to gain a good reputation is to endeavor to be what you desire to appear.”

—Socrates



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Do what you know and perception is converted into character.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Rather fail with honor than succeed by fraud.”

—Sophocles



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is higher than intellect.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“To know what is right and not do it is the worst cowardice.”

—Confucius



[Chapter menu](#)

[Resources](#)

Quotes About Character



“It takes less time to do a thing right, than it does to explain why you did it wrong.”

—Henry Wadsworth Longfellow



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Nature magically suits a man to his fortunes, by making them the fruit of his character.”

—Ralph Waldo Emerson



[Chapter menu](#)

[Resources](#)

Quotes About Character



“That soul that can be honest is the only perfect man.”

—John Fletcher



[Chapter menu](#)

[Resources](#)

Quotes About Character



“One does evil enough when one does nothing good.”

—German Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“There is no pillow so soft as a clear conscience.”

—French Proverb



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Don't forget to love yourself.”

—Soren Kierkegaard



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is the indelible mark that determines the only true value of all people and all their work.”

—Orison Swett Marden



[Chapter menu](#)

[Resources](#)

Quotes About Character



“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”

—John Ruskin



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Fame is vapor, popularity an accident, riches take wing, and only character endures.”

—Horace Greeley



[Chapter menu](#)

[Resources](#)

Quotes About Character



“You can easily judge the character of a man by how he treats those who can do nothing for him.”

—James D. Miles



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.”

—William Penn



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Our deeds determine us, as much as we determine our deeds.”

—George Eliot



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is the result of two things: mental attitude and the way we spend our time.”

—Elbert Hubbard



[Chapter menu](#)

[Resources](#)

Quotes About Character



“A man without character is like a ship without a rudder.”

—Karl G. Maeser



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is much easier kept than recovered.”

—Thomas Paine



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is power.”

—Booker T. Washington



[Chapter menu](#)

[Resources](#)

Quotes About Character



“An individual step in character training is to put responsibility on the individual.”

—Robert Baden-Powell



[Chapter menu](#)

[Resources](#)

Quotes About Character



“Character is a by-product; it is produced in the great manufacture of daily duty.”

—Woodrow T. Wilson



[Chapter menu](#)

[Resources](#)