

VIRTUE SPECTRUM EXERCISE

Instruction: Often we tend to think of virtues as either present or absent (i.e., I'm either experiencing anxiety or peace; I'm either trusting or distant). It is often helpful to track examples of how a particular virtue (i.e., forgiveness, vulnerability, peace, etc...) would progressively grow in our lives. Along the line below mark where specific thoughts, emotions, choices, or dispositions would fall in your effort to manifest the particular virtue you are working on with your counselor. This will enable you to see what specific acts of faithful obedience you need to make in order to cooperate with God's work in your life (Philippians 2:12-13).

The diagram consists of a central horizontal line with a thickened center. At the left end of this line is a vertical tick mark labeled "Pole 1", and at the right end is another vertical tick mark labeled "Pole 2". Four vertical lines extend upwards from the central line, dividing the space above it into four equal-width rectangular boxes. Similarly, four vertical lines extend downwards from the central line, dividing the space below it into four equal-width rectangular boxes. This layout provides a spectrum for tracking the growth of a virtue between two poles.