

## *I FOUND IT! Now what do I do?*

- ✓ Always remember that this fault seeks to destroy your holiness. Rise up and battle against it and you will become stronger.
- ✓ Ask God for His help to fight this predominant fault so it will not grow strong.
- ✓ Become aware of any thoughts that are being influenced by this predominant fault.
- ✓ Resolve not to speak or act on these thoughts without serious forethought.
- ✓ Choose to be dependent upon God in all things; conform your will to His.
- ✓ Go to Confession often to obtain the graces necessary to fight this temptation that keeps on coming.
- ✓ Daily strive to practice the virtue which fights against this predominant fault.

*No matter how hard it gets, I must never give up my battle against this predominant fault.*

Every night before going to bed, Blessed Elizabeth of the Trinity recorded her victories and triumphs against her predominant fault in a notebook. This helped Blessed Elizabeth to remember to constantly battle against this fault that was trying to turn her away from God. Blessed Elizabeth of the Trinity's predominant fault was her hot temper.