

Freedom without discipline essay



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“ There is no freedom without discipline. ” this quote encompasses the meaning that discipline defined by rules in society allows individuals to have freedom within their lives. Humans are free to do what they desire. Those who have freedom are also responsible. Freedom comes with responsibility. However, if individuals do not understand discipline nor follow it or establish any self-discipline, they may decide not to act accordingly to any rules present and break them.

They will develop an intense and selfish desire for power, do whatever they can to cheat others off just for their own selfish needs, casting them aside, ruining the freedom of others, and even risking their safety. This is why freedom does not exist without discipline. Freedom without discipline is like a country without a defense. To most of us, the idea of self-discipline comes with a mental picture of a ball and chain. We think of discipline as a taskmaster, forcing us to do what we don't really want to do. Freedom and self-discipline are two sides of the same coin; you can't have one without the other.

If we look at the meaning of freedom in the dictionary, it means the condition of being free from restraints or, liberty of the person from slavery, detention or oppression whereas, discipline means training to act in accordance with rules. If you are like most people, you want to be free to do what you want to do when you want to do it, in your own way and at your own pace. But this level of freedom requires self-discipline; the ability to control your all-too-human desire for quick results. Think of self-discipline as the friend you can depend on when life gets hard.

Whatever you suffered and endured, saw and heard, felt and desired, every act of meanness and kindness you experienced, self-discipline was there to bring you through the trials and tribulations. In fairy tales, self-discipline is portrayed as the prince who searches for his lost princess. He finds his true love, but only after passing difficult tests. At the end of his arduous journey, the prince embraces the princess and they live happily ever after. The relationship between these two seemingly opposing forces is one that is strong and interdependent.

Often in the quest for freedom people will shun discipline. They believe that being disciplined somehow restricts their freedom. This couldn't be further from the truth. Having discipline of your mind and time brings freedom to you in so many different ways. It takes discipline to achieve the life you want to lead. It is discipline that gives you the "freedom" to take care of yourself and your family on a level that you desire and of which you can be proud. It allows you to live the life you want to live.