

Patience

We all have friends, family members, colleagues and customers who may be able to trigger or push certain buttons that cause us to lose our temper or become more irritable. Long term it is not healthy or productive to let this happen. We therefore have to learn to be more patient and tolerant. It's important to remember the philosophy of treating people in the way you would want to be treated.

We may lose our patience when we are working towards achieving a goal or working on a task. There may be obstacles and setbacks, things may not always go according to plan.

William Shakespeare: 'How poor are they who have not patience! What wound did ever heal but by degrees'.

So what does patience mean?

- The ability to wait.
- To continue doing something despite difficulties.
- To suffer without complaining or becoming annoyed.

However some people do take patience too far and suffer in silence, this is as unhealthy as a lack of tolerance.

Patience is the ability to:

- Sit back and wait for an expected outcome without experiencing anxiety, tension, or frustration.
- Let go of your need for immediate gratification.
- Display tolerance, compassion, understanding, and acceptance towards those who are slower, different, testing or are intolerant.
- Accept your frailty and foibles.
- Accept the set backs and reversals that at times are inevitable.
- Believe in the concepts of permanence and commitment.
- Be calm and considerate in any of your relationships.
- Hang on to a relationship when trouble arises that may take some time to resolve.
- Accept that others may not be as enthusiastic as you.
- See that reforming overnight is rarely long lasting; it is gradual change and growth that has a greater durability.
- Feel relaxed, calm, and placid as you face your daily schedule and the challenges it presents.

To increase your level of patience you need to:

- Apply discipline to your thoughts when they become more anxious over the outcome of a goal or task
- Take life one day at a time.
- Accept the reality of your humanity in that you are going to need time, effort, and energy to change and grow.
- Reframe your perspective on the past, present, and future. Do not dwell on your past mistakes and failings.
- Do not worry about what you will become or how you will act in the future.
- Break larger goals down into components that are short term goals and objectives, more realistically attainable in the immediate future.
- Accept and understand your weaknesses.
- Wake up to the realities of life around you. Everyone is busy working through their own problems and weaknesses.
- Hand over and let go of the worries, concerns, anxieties, and doubts.
- Confront your fears about attaining what you want and need.
- Remember, beautiful symphonies, works of art, and literary masterpieces were not created in a day.
- Be ready and willing to face challenges as you strive for personal growth.

‘Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases, it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs and they will then be powerless to vex your mind.’ Leonardo da Vinci.

Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.

