



Behavioral Word Study

Patience

The virtue of PATIENCE was originally associated with forbearance or sufferance. It reflects a skill that involves conscientiously controlling the pace and tempo of our actions. PATIENCE requires us to consider whether our restlessness and complaints are appropriate. With today's social and technological pressures propelling us toward immediacy and spontaneity—PATIENCE looms as a very important word for studying in-depth. PATIENCE makes it far easier for us to slow down and practice self-control, steady perseverance, and calmness.

Please allot time for reviewing and discussing the categories of this word study. Consider how conscious awareness of the factors noted here may help us to improve our own PATIENCE. Try brainstorming to include other related factors on the blank lines. To test your understanding after studying this activity, fill in a Blank Word Study.

What Makes It Difficult

- ☐ Not a natural reaction
- ☐ Tests self-control
- ☐ Goes against urges
- ☐ Poor role-models
- ☐ Waiting is hard
- ☐ Can be too patient
- ☐ Complexities involved
- ☐ Requires smart EQ

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Ways We can be Patient

- ☐ Endure waiting
- ☐ Tolerate irritants
- ☐ Restrain verbally
- ☐ Accept healthy stress
- ☐ Persist toward goals
- ☐ Resist urges
- ☐ Take turns
- ☐ Investigate need

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Benefits of Patience

- ☐ Improves tolerance
- ☐ Builds mature restraint
- ☐ Controls emotions
- ☐ Improves relationships
- ☐ Leads to discoveries
- ☐ Helps to reach goals
- ☐ Builds endurance
- ☐ Prevents health issues

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What Helps Us Accept

- ☐ Healthy self-talk
- ☐ Will to calm self
- ☐ Know as mature/wise
- ☐ Recognize benefits
- ☐ Others remind us
- ☐ Sets a good example
- ☐ Want to please others
- ☐ Apply necessary effort

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Why We are Impatient

- ☐ Attitude problem
- ☐ Low level tolerance
- ☐ Little practice
- ☐ Reached our limit
- ☐ Mimic others
- ☐ Military style
- ☐ Urges too strong
- ☐ Patient too long

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Consequence of Impatience

- ☐ Overreactions
- ☐ Hurtful comments
- ☐ Accidents
- ☐ Employment issues
- ☐ Relationship regrets
- ☐ Bad habits formed
- ☐ Poor tolerance
- ☐ Criminal behavior

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____