

# Patience

## Instructions:

For each of the statements below, please indicate how much the statement is like/unlike you in the *past month*:

1	2	3	4	5
Not like me at all	Unlike me	Neutral	Like me	Very much like me

## Rating

### *Interpersonal Patience*

- \_\_\_\_\_ 1. My friends would say I'm a very patient friend.
- \_\_\_\_\_ 2. I am patient with other people.
- \_\_\_\_\_ 3. I have trouble being patient with my close friends and family.
- \_\_\_\_\_ 4. When someone is having difficulty learning something new, I will be able to help them without getting frustrated or annoyed.
- \_\_\_\_\_ 5. I find it easy to be patient with people.

### *Life Hardship Patience*

- \_\_\_\_\_ 6. I am able to wait out tough times.
- \_\_\_\_\_ 7. I find it pretty easy to be patient with a difficult life problem or illness.
- \_\_\_\_\_ 8. I am patient during life hardships.

### *Daily Hassles Patience*

- \_\_\_\_\_ 9. Although they're annoying, I don't get too upset when stuck in a traffic jam.
- \_\_\_\_\_ 10. In general, waiting in lines does not bother me.
- \_\_\_\_\_ 11. I get very annoyed at red lights.

Now calculate your patience scores!

Step 1: Items 3, 9, and 11 need to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5
5	4	3	2	1

3R: \_\_\_\_\_ 9R: \_\_\_\_\_ 11R: \_\_\_\_\_

Step 2: Calculate your scores for interpersonal, life hardship, and daily hassles patience by computing the means of the scores above (add group scores and divide by number of statements in the group). Also calculate a total patience score by taking the mean of all the scores above (add all scores and divide by 11). Remember to use 3R, 9R, and 11R instead of 3, 9, and 11.

Interpersonal Patience Score: \_\_\_\_\_

Life Hardship Patience Score: \_\_\_\_\_

Daily Hassles Patience Score: \_\_\_\_\_

Total Patience Score: \_\_\_\_\_