

Patience

Instructions:

Carefully read each statement and rate how often you behave in that way **NOW**, at the end of this program, and how often you would have or did behave **BEFORE** this program.

| 1 | 2 | 3 | 4 | 5 | | |
|-------------------|----------|---------|-------|----------------|--|-----------------------------------|
| Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree | | |
| | | | | | <u>NOW</u> , at the end of this program | <u>BEFORE</u> this program |

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 compute 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 |

NOW

BEFORE

3R: _____ 9R: _____ 11R: _____ 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 in each column above (add all scores and divide by 11). Remember to use 3R, 9R, and 11R instead of 3, 9, and 11.

NOW

BEFORE

Interpersonal Patience Score: _____

Interpersonal Patience Score: _____

Life Hardship Patience Score: _____

Life Hardship Patience Score: _____

Daily Hassles Patience Score: _____

Daily Hassles Patience Score: _____

Total Patience Score: _____

Total Patience Score: _____