

Date: _____

Self-Reflection Activity: Daily Hassles Patience

Patience is the tendency to wait calmly in the face of frustration, adversity, or suffering. *Daily hassles patience* refers specifically to patience during minor inconveniences, such as when you get stuck in a traffic jam, have to wait in a long line, or misplace your car keys.

Think about your experiences **in the past 7 days**. Was it easy for you to wait calmly when you experienced minor inconveniences? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *daily hassles patience*.

Rating

- _____ 1. Although they're annoying, I didn't get too upset when the wifi lagged or my computer was slow.
- _____ 2. In general, waiting in lines did not bother me last week.
- _____ 3. Last week, I did not get annoyed while waiting for someone to respond to my text/email.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit patience during daily hassles? Explain your reasoning.

How do you typically express daily hassles patience in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they express patience amid minor inconveniences?

What are one or two small steps you might take to become more patient in the face of daily hassles?

When you encounter inconveniences, how might you benefit from expressing daily hassles patience?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week when you *did not* demonstrate interpersonal patience. What were some outcomes? Would you do anything differently next time?
2. It can be difficult to remain calm when hassles get in the way. Consider memorizing a small saying (e.g., “good things come to those who wait”) or Bible verse (e.g., “I waited patiently for the Lord; he turned to me and heard my cry” – Ps. 40:1) to say to yourself when you encounter a frustrating circumstance that tests your patience.