

Date: _____

Self-Reflection Activity: Interpersonal Patience

Patience is the tendency to wait calmly in the face of frustration, adversity, or suffering. *Interpersonal patience* refers specifically to patience with others, such as in difficult conversations, frustrating encounters with co-workers, or interpersonal conflicts.

Think about your experiences **in the past 7 days**. Was it easy for you to wait calmly when someone frustrated or hurt you last week? 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 *interpersonal patience*.

Rating

- _____ 1. My friends would say that I was a very patient friend last week.
- _____ 2. I was patient with other people last week.
- _____ 3. I found it easy to be patient with my close friends and family last week.
- _____ 4. When someone had difficulty learning something new, I was able to help without getting frustrated or annoyed last week.
- _____ 5. I found it easy to be patient with people last week.

Digging Deeper

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

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

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

What are one or two small steps you might take to become a more interpersonally patient person?

When you struggle, how might interpersonal patience help you persist?

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. Remember a time when you felt annoyed at someone else's behavior. Why did their action or inaction bother you? Sometimes we become annoyed with others because we misinterpret the reason for their actions. Try thinking of some alternative, more generous explanations for the behavior that annoyed you. Would it be easier to be patient if you thought this way in the moment?