

## Patience And Perseverance

Patience is the ability to endure difficult circumstances such as perseverance in the face of delay; tolerance of provocation without responding in annoyance/anger; or forbearance when under strain, especially when faced with longer-term difficulties. Patience is the level of endurance one can have before negativity. Patience is necessary for success. It is said that "all good things come to those who wait" If we wish to achieve anything of significance, we cannot expect to achieve it overnight.

Patience teaches us to value the effort and not just the success. It is a mistake to think that happiness can only be attained through certain achievements.

Patience takes time to learn if you aren't born with it. You have to be able to trust and wait. Being patient brings peace of mind. When we expect certain outcomes, we have no peace in mind for we set the standards extremely high.

An example is simply going to see a movie and expecting it to be the best movie you've ever seen. If you go into ...show more content...

if you get frustrated also, nothing gets done expect your temper rises. And when you try to learn something, you need to stay patient as well because the same thing will happen to you and you will get no where.

Anger is like drinking poison and expecting the other person to die.

Four ways to be more patient according to Oprah are:

1. First thing: Just stop. Catch the mind ranting that you shouldn't be in this situation —because you are. Give up the fight. You've lost the battle, but not the war.
2. Settle into the moment. You might feel your body ease down, yielding to gravity (wise move). Your shoulders and belly relax, your jaw too.
3. Go into your body with your mind's eye and find out how you know you're impatient. Are you tight, tense, breathing shallowly, clenching, jiggling? Where exactly? Focus on those sensations as closely as you can. Touch them with your mind.
4. See if you can open any tightness, breathe into any clenching. With a really ornery knot, give up trying to fix it and see if you can welcome it, make room for it.

# Patience And Perseverance Essay

**J Ma**



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