

Impatience Kills Dreams!

(Impatience is a Weakness -Because Patience is a Strength)

Patience is an Important Strength

Patience is among the most important strengths you need in recovery:

- 1) Patience is necessary for completing long-term goals.
- 2) It takes a lot of time to re-build trust.
- 3) It takes much time, and much practice, to change old habits.
- 4) Spiritual and emotional growth takes time; there's no way to speed it up.
- 5) It takes time to practice, and prove to yourself, that faith in God works.
- 6) Trying to resolve all your resentments too quickly, becomes overwhelming.

“Everything that is urgent is important. But, not everything that is important is urgent”



Patience is not Procrastination

Patience is the ability to wait for situations to work out in their own time, not necessarily your time. It's for situations that you have no control over. For instance: Being stuck in a traffic jam, waiting at a hospital during a friend's operation, etc.

Procrastination is when you put off taking action on situations you do have some control over. For instance: Finding a counselor for help with your issues, completing a homework assignment, looking for a new job, talking honestly with someone who is upsetting you, etc.

Patience is Like “*Emotional Muscles*”

You gain patience the same way you gain muscles –time, practice, and focused effort! To build muscles, you go to a gym and lift weights against resistance, and you do it over and over (sets and reps). You don't expect instant results and, if you truly desire more strength, you don't quit when you start to feel pain. As your strength grows, your pain becomes proof of your progress.

To Gain True Patience, Practice “Peaceful Waiting”

When you're in a situation forcing you to wait, look at it as an opportunity to practice patience (you can see it as your *mental gym*). In order to practice *true* patience you must *focus on putting your mind at peace*. Sitting quietly doesn't mean that your mind is at peace. It might be racing with a hundred (un-peaceful) thoughts. In that case, you're practicing **Imitation Patience** – which is actually *Impatience!* Over the years, after many *reps* and multiple *sets* of practicing un-peaceful thoughts, without even realizing it, you can train yourself to become very impatient.

When you find yourself in a situation of being forced to wait (like waiting in a doctor's office), it can be a great opportunity to practice *true* patience. One method is to go to a “quiet place” in your mind and remain there as long as you have to wait. This is not easy to do and you may experience *resistance and pain* as you practice. It's hard to explain, but after awhile, you will begin to feel a new kind of strength building within you: the quiet strength of patience.

“There is more to life than increasing its speed” -Gandhi