

The Patient You

by Angie Johnsey

Problem:

Becoming frustrated with yourself, others, or situations for not behaving or happening in the way and in the time frame you think they should.

Solution:

Learning acceptance through flexibility and dropping resistance created by expectations. Expanding your mind to consider the bigger plan.



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Acceptance

The sooner you adopt the acceptance of what is policy as part of your daily life the better. Life is perfectly imperfect. To expect things to always go as you planned, always be on your time, always be perfect according to your idea of perfect is an unreasonable expectation. We don't always get what we want in the way that we want it. It is just a fact. Things happen.

A form of acceptance is flexibility. Learning to adapt and adopting a go with the flow attitude will go a long way in reducing frustration and the mental stress it creates for you.

What situations do you find are difficult for you to accept? _____

_____.

What are some behaviors (yours or others) that you find difficult to accept? _____
_____.

What could you do to adapt to these situations or behaviors? _____
_____.



Dropping Resistance

Resistance is arguing with what is or with reality. It's really an insane thing to do if you think about it. "It is", meaning it has already happened. Arguing about it inside your mind will not change it.

Another form of resistance is created when we have expectations on ourselves, others, and life itself.

Unmet expectations always lead to disappointment and frustration. When others don't behave as we expect, we become frustrated.

Our mind will then argue with that person or the reality of the situation, wasting valuable time and energy, and putting us in a state of unhappiness. The longer the mind argues the more stressed it will become. The more stressed the mind is, the healthier it is.

Do you find yourself arguing with people or situations inside your head? _____.

Who do you argue with most inside of your head and what expectations on their behavior do you have? (Ex. I think they should say thank you because that is what I would do.) _____.

How could you think differently that would help your mind not to argue and create stress? _____.



The Bigger Plan

Depending on your belief, most of us can agree that there seems to be a greater force at work in our lives. Have you ever had things happen in your life that you can't explain, where you just seemed to show up at the right place at the right time to receive something you needed. If so, it may be possible for you to consider there is a bigger plan at play in your life. We think things to go a certain way in a certain time, but we can only see a very limited view of all of the moving parts.

Sometimes we may judge things that happen to us as bad or mistakes but they are actually blessings in disguise.

This changes our perspective from one that creates frustration, to one that creates gratitude. It's important to find the gift in every moment, no matter how it appears to us on the surface of our limited view.

Do you believe there is a greater force or bigger plan at work in your life? If yes, do you trust it? _____

What could you say to yourself to help you remember there may be a bigger plan at work when something doesn't go according to your plans? (Ex. I am being supported in ways I am consciously unaware.) _____
