

Personal Growth Concepts™

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Q&A Forum - Review

Gaining More Patience

[12-Sep-2003]

Fellow Q&Aers,

Today we welcome Colette to our list. Since the beginning of September we have lost a few members on our Q&A list with email changes and bounce backs. We currently have 126 and are headed for 160 by Dec. 31st. Can you help?

PGC News: Roseann Moore, one of our counselors is giving a free workshop entitled "Are You Taking Care of Yourself?" this coming Monday night, Sept 15th from 7:00 to 9:00pm at St. Joseph's Church in Stratford. Why not come and bring a friend? Please call her at 203-375-5782 ext 104 or our business office at ext 100 for more details and/or directions.

Special thank yous to Anne, Nadine and Barbara for contributing to our bonuses in this Q&A and a special thank you to BNI Leadership Training for the "bonus quote" from Vince Lombardi.

Finally, under the theory that two heads are better than one, I discussed today's Q&A with Janice Mahieu, LCSW before writing the answer. Her input was welcome and valuable. I hope to do this with other PGC counselors in future Q&As. Thank you Janice.

The Q&A hopper is empty once again so now would be a good time to ask that question you have been meaning to...

Q: How would you start on a road to gaining more patience with things?

A: The first thing I would like is to validate your feelings of impatience. I believe it great that you are aware of them, accept them and now are looking at how to better manage them. Since there isn't a lot of background or context to your question, I have some general thoughts to share. Start out by looking at the situations where you become impatient - is there a pattern to them? with a particular person? a particular day or time of the day? a particular issue? Perhaps the person you are impatient with and you have different goals. This could lead to a communication resolution if you can talk openly. I think a lot of impatience is fostered by issues not discussed openly that build up. Try also looking at your expectations of the people or situations you are in. I think you will find they (i.e. your expectations) are unrealistic for a variety of reasons. If you could lower or eliminate them, it could be better all around.

Regarding managing your impatience - think like you are at one of the old railroad crossings: "stop, look, listen" and then think before you act. This "mindfulness" will slow down the process and give you a better chance to get a handle on whatever is going on.

Some of these ideas may be quick fixes - they get the bleeding stopped but don't get to the root of the issue. You might try looking into how you were treated in your childhood or in earlier relationships when you became impatient. These may lead you to some of the roots of the problem. If you find things connected back there, then some short term therapy might help you explore and find new ways of dealing with old issues, as well as support you through the transition. Please let me know if the above ideas are helpful. Peace, John

Quote: " The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." - Martin Luther King, Jr.

Bonus Quote: "Perfection is not attainable. But if we chase perfection, we can catch excellence."

Bonus 1: "THE 10 OTHER COMMANDMENTS"

1. Thou shall not worry, for worry is the most unproductive of all human activities.
2. Thou shall not be fearful, for most of the things we fear never come to pass.
3. Thou shall not cross bridges before you come to them, for no one yet has succeeded in accomplishing this.
4. Thou shall face each problem as it comes. You can only handle one at a time anyway.
5. Thou shall not take problems to bed with you, for they make very poor bedfellows.
6. Thou shall not borrow other people's problems. They can better care for 'em than you can.
7. Thou shall not try to relive yesterday for good or ill, it is forever gone. Concentrate on what is happening in your life and be happy now!
8. Thou shall be a good listener, for only when you listen do you hear different ideas from your own. It is hard to learn something new when you are talking, and some people do know more than you do.
9. Thou shall not become "bogged down" by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.

10. Thou shall count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Bonus 2: Ice Cream for the Soul

Last week I took my children to a restaurant. My six-year-old son asked if he could say grace. As we bowed our head he said, "God is good. God is great. Thank you for the food, and I would even thank you more if mom gets us ice cream for dessert. And liberty and justice for all! Amen!"

Along with the laughter from the other customers nearby I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice-cream! Why, I never!"

Hearing this, my son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my son and said, "I happen to know that God thought that was a great prayer." "Really?" my son asked?

"Cross my heart." Then in theatrical whisper he added (indicating the woman whose remark had started this whole thing), "Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my kid's ice cream at the end of the meal. My son stared at his for a moment and then did something I will remember the rest of my life. He picked up his sundae and without a word walked over and placed it in front of the woman. With a big smile he told her, "Here, this is for you. Ice cream is good for the soul sometimes and my soul is good already."

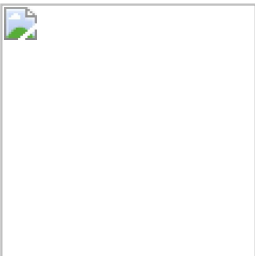
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### Subject: I've learned...



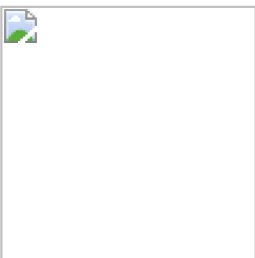
#### **I've learned....**

**That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.**



#### **I've learned....**

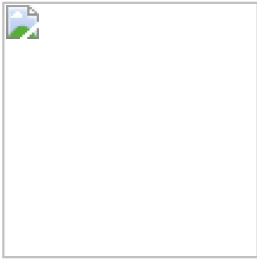
**That we should be glad God doesn't give us everything we ask for.**



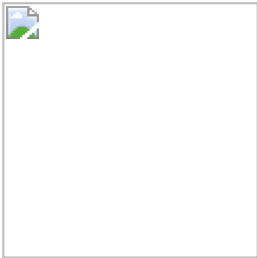
**I've learned....  
That money doesn't buy class.**



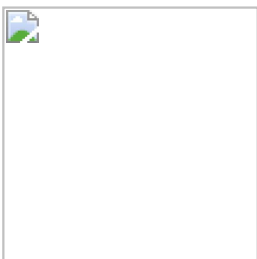
**I've learned....  
That it's those small daily happenings that make life so spectacular.**



**I've learned...  
That under everyone's hard shell is someone who wants to be appreciated and loved.**



**I've learned....  
That the Lord didn't do it all in one day. What makes me think I can?**

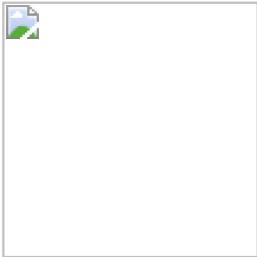


**I've learned....  
That to ignore the facts does not change the facts.**



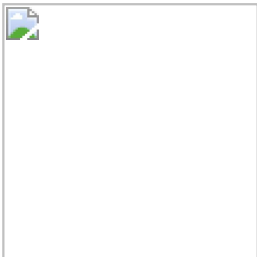
**I've learned....**

**That when you plan to get even with someone, you are only letting that person continue to hurt you.**



**I've learned....**

**That love, not time, heals all wounds.**

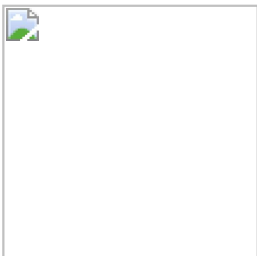


**I've learned....**

**That the easiest way for me to grow as a person is to surround myself with people smarter than I am.**

**I've learned....**

**That everyone you meet deserves to be greeted with a smile.**

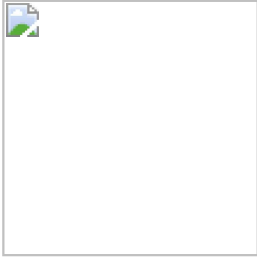


**I've learned....**

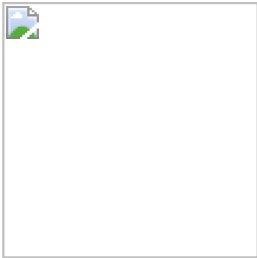
**That there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.**



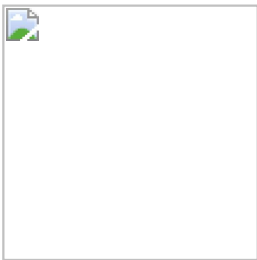
**I've learned....**  
**That no one is perfect until you fall in love with them.**



**I've learned....**  
**That life is tough, but I'm tougher.**



**I've learned....**  
**That opportunities are never lost; someone will take the ones you miss.**

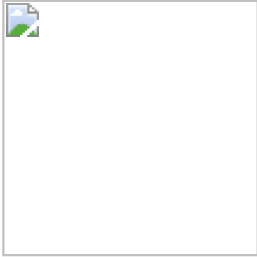


**I've learned....**  
**That when you harbor bitterness, happiness will dock elsewhere.**



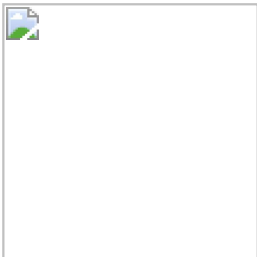
**I've learned....**

**That I wish I could have told my Dad that I love him one more time before he passed away.**



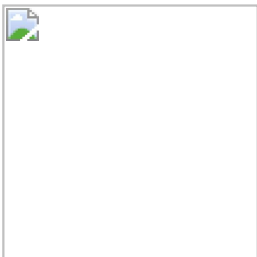
**I've learned....**

**That one should keep his words both soft and tender, because tomorrow he may have to eat them.**



**I've learned....**

**That a smile is an inexpensive way to improve your looks.**



**I've learned....**

**That I can't choose how I feel, but I can choose what I do about it.**



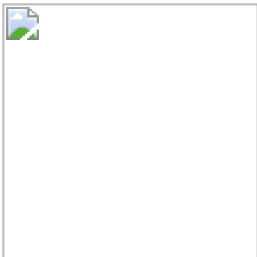
**I've learned....**

**That when your newly born child holds your little finger in his little fist, that you're hooked for life.**



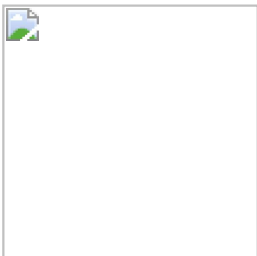
**I've learned....**

**That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.**



**I've learned ...**

**That it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.**



**I've learned....**

**That the less time I have to work with, the more things I get done.**

end of bonuses

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**We wish you peace in who you are and in all that you do!**

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