Patience Helps to be Inclusive

I thought that the character trait of patience could be an asset to inclusiveness. Although when I checked the definition on the internet, I was not so sure. Here are some of the definitions that I found- The capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. Patience is the level of endurance one can have during negativity. The character trait of being steadfast. Patience is a person’s ability to wait something out or endure something tedious without getting relied up. It involves acceptance and tolerance and it is usually easier to have when there is something in it for you at the end.

Further there was a very wide mixture of synonyms. These were ones that I felt conveyed a positive on this trait-diligence, endurance, fortitude, leniency, restraint, poise, and self-control. Those were words that I would use to illustrate that a person remained respectful. While these seemed have a negative connotation- self-submissiveness, nonresistance passiveness, resignation, long-suffering as they denied one having their own individuality and strength.

I then considered another selection that the internet suggested- patience quotes. There I found what I considered the qualities of patience that would assist an individual in being inclusive. Here is a selection of some of those quotes.

* Patience is the companion of wisdom- Saint Augustine
* Adapt the pace of nature: her secret is patience-Ralph Waldo Emerson
* Patience is not simply the ability to wait-it’s how we behave while we are waiting-Joyce Meyer
* Patience is the ability to idle your motor when you feel like stripping your gears- Barbara Johnson
* One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life- Chinese Proverb
* Patience is the blending of moral courage with physical timidity-Thomas Hardy

Personally, I see that patience can be helpful in all our endeavors and interaction. First the trait recognizes that each of us is a human being that has talents and skills plus limitations. We each have interests and want to capitalize on them. Yet in order to do our best, that takes practice. You do the same thing over and over again.

Right now the Packers are having two practices a day and continually reviewing their play book. Some of these skills they have been practicing since they were young boys. Some days are very hot and some muscles get sore. But patience keeps them on an even keel. Their goal is the Super Bowl. Soon individuals will compete on The Voice to be selected as the winner. You may be applying for a new job, planning a trip, downsizing your home, or raising a family. Patience is calm, calm is relaxed, relaxed is open to seeing more ways of doing something.

The second component is the understanding that we only have control over ourselves. Human being have the capacity to think which allows them to decide. While I may want someone to do things my way, I cannot control their decision to do so. I have to allow them to come to that decision themselves. This aspect of patience was very helpful to me as a counselor. Since it was their responsibility to make a life decision, I could be patient, but also could continue to be supportive of their journey. Judgement was eliminated as an issue. As long as they wanted to try, I was there for them.

I know it is not always easy being patient. The pace of our world has so accelerated over the last century. Our technology allows us to see the vastness of what some others have. We want it now. I struggle with those interferences in my daily life- red lights, slow drivers, slow acting, individuals who go on and on. Civility has helped me to remember to be patient. I will get there just not in the time I want to, really a mere few minutes longer. I cannot control someone else.

So keep patience in the forefront and practice to make your life more inclusive.

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