Patience Worksheet

This worksheet accompanies the notes posted for cultivating “The Benefits Of Perfecting Patience”. The following questions will help organize an approach to this practice:

1. What sorts of topics seem to most frequently elicit impatience? The topics may relate to different social interactions, frustration regarding obstacles to achieving desired outcomes or simply being confronted with unstructured periods of inactivity (this may be labeled as “boredom”, but amounts to the same process of impatience).
2. What urgent impulses arise in awareness associated with each topic mentioned above? The feeling tones may be similar or identical in each case, but the intensity of the urgency may be differently experienced.
3. What strategies can be applied in each case listed above? Developing the ability to tolerate urgent reactivity is nurtured through the intentional determination to relax away from the tension and impulsivity of craving.
4. What storyline seems to justify impatience in each case? The story lines will likely be varied according to the particular circumstances of the situation.
5. How can the storyline be countered in each case? The alternative storyline represents clinging to an anticipated outcome. There can be a mundane countering storyline, such as “I can just let go of the story here” or “Do I need this outcome truly, or is it just attachment to view?” a supramundane, liberating countering involves recognizing the basic nature of craving and clinging, regardless of the object that is present. Understanding that craving and clinging are core causes of human suffering, regardless of the circumstances, can lead to a liberation from a selfing story entirely!