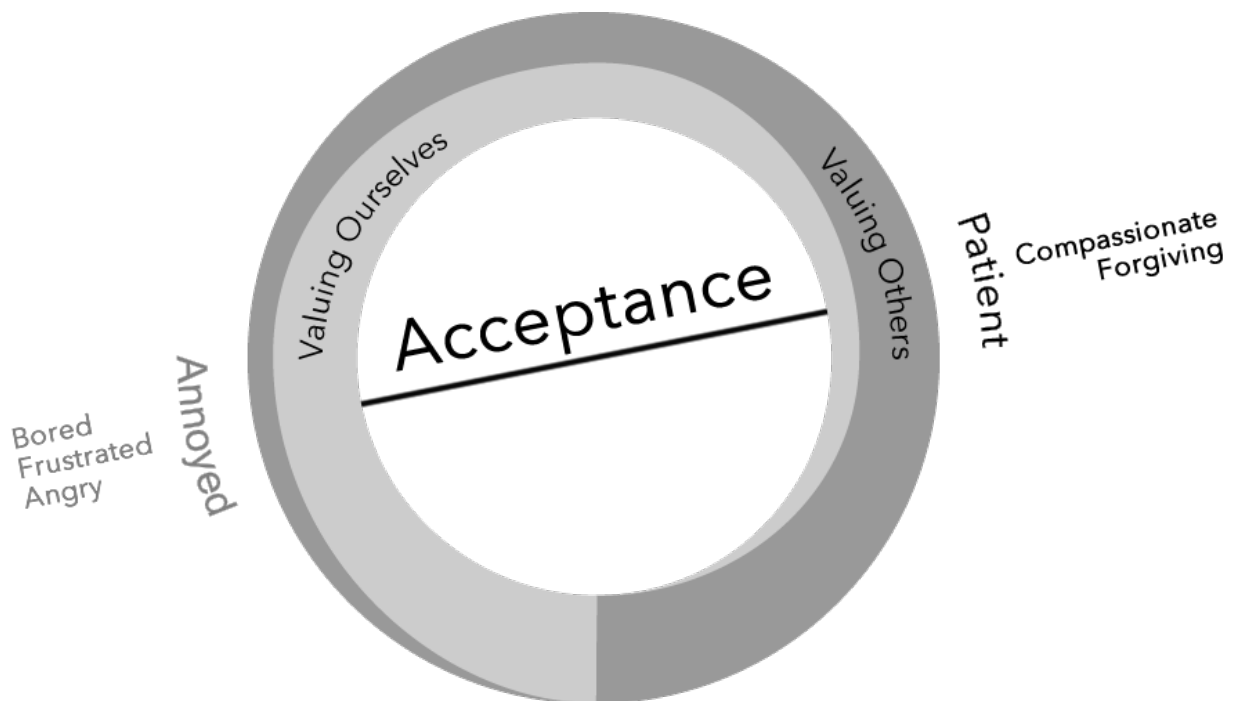


Patient Zone

feeling compassionate, forgiving

I know we all make mistakes and I've learned to get on with people, even those who have annoyed me. I'm patient with people who can be difficult to get on with, even when they get annoyed with me. I also look out for people who are upset, and do what I can to make them feel better.



Acceptance Special Value

The patience that lets us accept other people and things as they are. It stops us judging or blaming others. It lets us cope with bad luck without losing our temper. It gives us a fair way of looking at things.