



This issue builds resilience in...

Relationships

Emotional Containment

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How to quickly find more tolerance...

Do you wish you had more patience and resilience? That you wouldn't let things other people do or say get under your skin? The next time you feel your hackles rising or you recognise a situation that has the potential to leave you frustrated or angry and in danger of saying or doing something you may regret, stop for a moment and ask, "*Will this matter in 5 years?*" When you can't really change the situation, this technique is particularly powerful - it quickly brings things into perspective and allows you to choose your response thoughtfully.

The perspective question...

When you ask yourself, "***Will it matter in 5 years?***" you're doing two things. First of all, you're giving yourself time to engage your 'thinking', but the bigger bonus is that you're more able to view the situation in terms of your values instead of how you 'feel' in the moment.

If your toddler is crying inconsolably and you're feeling exhausted, your first reaction could be to tell him to be quiet and leave you alone. This happens when your tolerance is low. By viewing the situation from the perspective of, "*Will this matter in 5 years?*" you'll find more compassion and see the situation for what it really is, he's teething or unwell and you're tired. Every parent has these days. Sitting down with him or heading out to play in the park will achieve a better outcome than giving in to frustration. This is one of those situations when, even though you can't change the circumstances, you can choose your response based on what is most important.

Everyday situations that can be frustrating are much easier to manage when we remember to think in terms of what we want in 5 years. Being

more tolerant strengthens relationships and helps build self-esteem. Be sure to acknowledge your efforts with, "*I was really tolerant – good job!*"

Don't label yourself, try a new perspective

Some people label themselves as 'short-fused' or irritable and this almost guarantees that they will continue to be easily frustrated. Even if you've had a short fuse in the past, you don't need to let that dictate your future. When you choose to experiment with new perspectives and practice new skills, you develop more tolerance, suffer less guilt and enjoy more harmony! Sometimes all it takes is a perspective shifting question that hooks back into what **really matters**.

- ✓ Don't label yourself as intolerant
- ✓ Having more frustration tolerance enhances relationships...with everyone
- ✓ Ask, "*Will this matter in 5 years?*"

"When anger arises, think of the consequences."

Confucius