

5 TIMES PATIENCE PAYS OFF IN MARRIAGE

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Patience is one of those things that can be taken for granted, but if you're on the receiving end of impatience, you feel it. Exercising patience is an extension of empathy and respect, and a way to convey unconditional acceptance and commitment. Here are 5 times patience pays off.

Processing emotions

Some people are great at pinpointing what they're feeling in an instant and communicating it clearly. For others, sorting out emotions can take more time. If you and your spouse are dealing with some complex emotions, give yourselves time and space to sort through them, then set a time when you'll address the topic. You'll both benefit from being in a calmer, more receptive mindset and be more likely to have a productive conversation.

Resolving or discussing an issue

Sometimes, one of you just isn't ready to talk about it. It might be because you're still processing feelings as stated above, or that you're simply not in a great place mentally, emotionally, or physically. If you're the one that's eager to talk things out, resist the urge to push your partner to engage before they're ready. Also, even if you're both ready to discuss, things may not be resolved in one sitting. Patience gives you space to take a step back.

Making a decision

If one or both of you tend to be deliberative in decision-making, you're probably no stranger to this one. On trivial things, the stakes are low. But when it comes to making a big decision together, patience is crucial. Rushing forward before you've both been allowed time to think things through doesn't help anyone in the long run. By exercising patience, allowing each other to weigh all the options, you can feel confident in the decision you end up with and avoid regret or resentment down the road.

Navigating a transition

Life changes, big and small, can be hard. There's often a transition period, where things feel unsettled, uncertain, uncomfortable. Even if you're someone that thrives on change, it can take time to get back to feeling normal. Cut each other some slack and give yourselves time to adjust. Focus on keeping communication open so that you can both ask for help.

Working on your relationship

The fact that you're taking steps to grow and strengthen your relationship is something to take pride in. Help yourselves avoid discouragement by acknowledging the fact that you're going to have ups and downs. Commit to being patient with each other. Setting realistic expectations, can give you both confidence that can springboard you toward even more growth.

Patience isn't only something you practice when you're waiting in a long checkout line. It's a crucial quality to weave throughout your entire relationship, and it's no easy feat. In fact, you might find you need to give each other grace when it comes to being patient with each other. You won't be perfect, and that's okay, but it'll be worth it in the end.