NAME: _____

A trigger for impatience can be flipped to patience.

LIST TRIGGER	FLIP YOUR RESPONSE
When I AM CUT OFF IN TRAFFIC	
Instead of SHOUTING IN ANGER,	**i will** RECITE A PRAYER
When _____	
Instead of _____,	**i will** _____
When _____	
Instead of _____,	**i will** _____
When _____	
Instead of _____,	**i will** _____

LIVEWORKSHEETS