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** _____