**Benefits of Patience in a Human’s Life**

There are three levels of patience: patience, impatience, and a practical amount of patience. Patience is a state of endurance under difficult circumstances, persevering over delay and provocation without reacting in a negative way, like in anger or annoyance. It is defined as exhibiting restraint or tolerance when facing struggle or placed in a difficult situation.

In evolutionary psychology and cognitive neuroscience, patience is studied as an approach to solving decisions that have either short-term results or long-term results. It has been found that humans and animals all have the inclination to favor short-term results over long-term results, in spite of the fact that long-term results typically yields a greater reward. Having patience in anticipation for long-term benefits also helps the individual to avoid many incidents and problems. So the very essence of patience is delaying the gratification of an immediate appetite in favor of a greater, ultimate reward.

Impatience is the inability to face adversity without becoming reactionary, promoting restlessness, anxiety, irritation, anger and greed. People who are overly impatient are likely to place demands on themselves and others in order to achieve immediate gratification and relief from stress. People exhibiting impatience at a large scale can be perceived as arrogant, insensitive, overbearing and more likely to make rash, ill-conceived or uninformed judgments. They often are not able to reinforce, reward and appreciate success, which discourages themselves and others in terms of recovery, change and growth and can often result in a lack of support, understanding and compassion for others. Too much impatience can damage relationships, jobs and businesses as well as result in health degeneration and psychosomatic disorders like anxiety and depression. Impatience also has a strong correlation with high levels of stress. The greater stress a person feels, the greater their impatience. The greater their impatience, the greater their stress. They are more prone to lose control and have irrational outbursts of anger and blame to others when circumstances inhibit their ability to change and grow, and having too much impatience can be a lack of gratitude, trust and appreciation for the gifts from God/The Creator and Nature. A lack of gratitude and trust leads to slow growth or degeneration because Nature is less willing to flow through you, which can lead to even greater stress and frustration than the temporary period of exhibiting patience. People who are patient typically have greater confidence and less shame and psychopathology.

However, depending upon the circumstances and practicality of the situation, impatience can have a positive impact on your life and help you to flourish while having too much patience can negatively impact your life. For those who seek to grow and transform for greater success, prosperity and happiness, a permissible level of impatience can be an indicator that your current position, situation or performance in life is not stimulating enough and can inspire and motivate an individual to strive for something greater, to perceive a higher level of growth and prosperity and to imagine and create a path for greater accomplishments and more beneficial, long-term results. Having too much patience can hold you back from actively pursuing what you really want out of life.

For example, if you are participating in some kind of ritual and dogma, like yoga, meditation, various modalities of healing, eating raw and organic foods and a large variety of other practices in the world, having a degree of impatience can reveal the practicality of your actions. Some so-called spiritual people have been practicing rituals and dogmas for many years and decades, with the belief that if they have a huge amount of patience, then it will eventually turn into something useful and will eventually make them happy. However, if after partaking in some activity for years and years, the outcome is unsatisfactory, then impatience can show that this activity has no great ability to speed your growth and provide you with abundance and wellness in all areas of your life. These practices may provide temporary relief the moment you partake in the activity, but they have no great outcome in the long run. In instances like these, patience will only cause dependability and conditioning to continue following your useless rituals and dogmas, and that will lead to frustration and failure, and will stop your growth. The effects of having unnecessary and ill-conceived patience can lead to health problems like headaches, acne, ulcers, fatigue, depression, anxiety, stress and much, much more.

The effects of patience can have both positive and negative outcomes. What matters is the practicality of your patience. What is the value and outcome of your patience? Learning to wait has its own benefits given the long-term results are worthy of forbearance. However, impatience can be the distinguishing factor that helps people to determine whether there is nothing they can do to expedite their growth, or if there is a better path; if there is more that someone can do to ensure a greater outcome. Sometimes, impatience can be indicative of success. Some of the most successful and well-known entrepreneurs were impatient. They didn’t settle for less. They were skeptical; they questioned things. They hungered for something beyond what little success they already had. Because they strived for something greater and had the impatience to know there was something greater they could do, they became some of the most successful, prolific and prosperous people on this planet. Patience is necessary, but must be approached with practicality and awareness, with the ultimate outcome in mind.