

forbearance

patient self-control; restraint and tolerance



The concept of forbearance implies the meaning of overlooking others' misdeeds and minor imperfections. It is so much more than simple patience. Forbearance is also defined as tolerance in the face of provocation. A forbearing person often responds in a calm and sensible way at a time when they would have the right to be very upset or angry.

Furthermore, forbearance entails *self-restraint, self-control, and self-discipline*. It's not paying too much attention to the *perceived* faults of others. Tolerance and acceptance denote allowing and supporting others' practices, opinions, and beliefs, especially if one does not necessarily agree with them. Self Control refers to the moderation of one's emotions and the ability to remain calm under interpersonal stress. Self-Restraint reflects one's capacity to self-regulate and control one's behavior.

The use of forbearance is essential to positive relationships, particularly in relation to maintaining social harmony and repairing personal relationships. Forbearance can also be viewed as an attempt to alleviate a situation to make it more tolerable for others, and it is considered a coping strategy for settling interpersonal disputes.

Increase your forbearance by strengthening the below skills:

Patience:

- *Seeing Through the Lens of Others
- *Listen and Ask Questions With a Positive Attitude
- *Evaluate Tension Points in an Unbiased Way
- *Seek Perspective From a Trusted Resource
- *Don't Run Away from Being Responsible Yourself

Self restraint/control:

- *Look at the big picture
- *Know the perils of inadequate sleep
- *Relax already
- *Do some short bouts of exercise
- *Get digital self-control support
- *Avoid decision fatigue

Self discipline:

- *Start with small self-control exercises
- *Parse one large task into several small assignments
- *Avoid multitasking
- *Take breaks
- *Try to fight distractions
- *Create a productive environment
- *Reward yourself