**Not-a-Mindboggler**

**No Rush**

With advances in technology, we can get almost anything with a mouse click. The convenience of technology is making us more and more impatient. Many of us even become irritated just waiting for a sluggish webpage to load. Yet patience is the key to a happy life, and it may do us more good than we ever expect. To find out more about patience, read the following passage and fill in the blanks with words that best complete the sentences. Some letters have been given to you:

The word “patience” originates from the Latin word for (1) “s \_ \_ \_ \_ \_ \_ \_ \_”, which suggests endurance or submission. When we are waiting for something pleasurable—for example, waiting in a long queue to nosh on our favourite food or to watch a good film—we are usually able to resist our desire for immediate (2) g \_ \_ \_ \_ f \_ \_ \_ \_ \_ \_ \_. But when a situation is not under our control or when waiting doesn’t seem (3) w \_ \_ \_ \_ w \_ \_ \_ \_, we easily get exasperated. Patience, however, isn’t just a (4) v \_ \_ \_ \_ \_, as the proverb goes; it’s (5) e \_ \_ \_ \_ \_ \_ \_ \_ to our health and happiness. Here are some simple tips to become as patient as (6) J \_ \_. Take a few deep breaths whenever you feel impatient. Practising (7) e \_ \_ \_ \_ \_ \_—that is, trying to put ourselves into others’ shoes—may also help us contain our impatience. It is also a good idea to reflect on why a situation is making us (8) i \_ \_ \_ \_ \_ \_ n \_ and try to keep things in (9) p \_ \_ \_ p \_ \_ \_ \_ \_ \_. Many studies show that patient people tend to experience less (10) d \_ \_ \_ \_ s \_ \_ \_ \_ and often report greater life (11) s \_ \_ \_ \_ f \_ \_ \_ \_ \_ \_. As you may have heard, good things will come to those who (12) w \_ \_ \_. So, let’s process the world in no rush.

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Entry Form

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| Attn：Editorial Board of *Word Power* Official Languages Division Civil Service Bureau | Address: Room 2310, High BlockQueensway Government Offices66 Queensway, AdmiraltyHong KongFax: 2521 8772Email: csbolrs@csb.gov.hk |

**Answers:**

(1) s

(2) g f

(3) w w

(4) v

(5) e

(6) J

(7) e

(8) i n

(9) p p

(10) d s

(11) s f

(12) w

**Particulars of participant:**

Name: Mr/Mrs/Miss/Ms (delete as appropriate)

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