

# **LET & ABLE Newsletter**

**Issue 90 ... July 2022**

The buzz phrase word for today is “Just keep moving.” With the current affairs of the world, families, and our communities, it is rather easy to slow down or to stop doing as much. The key to securing what brings us the most joy is to keep moving and making progress no matter what.

We all have had our share of difficult days, traumatic experiences, disappointment, fear, and the list goes on. During the stated times, it is tempting to become dismayed and indifferent towards what used to motivate us.

We can't focus on what used to be and what the rear view mirror has to say. Rather, our goal should be to focus on keeping our pace and keeping on with the keeping on.

Even during delays and while being patient, movement and progress can take place. Yes, it is possible to grow and achieve during the midnight hours of life and during the tumultuous storms. It all sometimes comes down to how we perceive things and how we decide to move on.

My stance and position at this moment, is for us all to just keep moving. Movement in the right direction at a snail's pace is better than not moving at all. We can't minimize the importance of at least making moves that have the potential to thrust us to the finish line.

I have decided to keep moving and to embrace movement. Are you willing to make a similar decision? I have set myself to take small steps in the right direction so as to keep moving. Are you willing to do the same thing? I want something different in my life and I'm willing to keep moving until I possess it. Can you say the same thing too?

**Dr. Recco**

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RSRC "Video" Of The Month

# TRAUMA DURING CHILDHOOD & ADULTHOOD



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YOU CAN TRUST AGAIN  
AND MUCH MORE!**

**Your Host**



**Recco S. Richardson, Ph.D., LPC**  
Author, Lecturer, Clinical Therapist

# Living A Life Of Patience

By Recco Santee Richardson, Ph.D., LPC

For some reasons, words like love, forgiveness, motivation, purpose, and patience repeat themselves in our lives. Like the on-going battle of good versus evil, we all must have success and come to grips with aspects of the stated words. A closer look at the word patience can shed light on how we can best move forward in our career path, relationships, decision making, parenting, and other areas.

Briefly, the word patience means the ability to wait quietly during rejection and delay. It is the act of bearing down calmly so as to promote self-control. Patience means having the capacity to accept, dwell in, tolerate troubles, and endure suffering without getting angry or moving out of character.

I must say, some days and for some situations, I'm the most patient person in the world. Yet, in other situations and when dealing with certain annoyances, I regularly become impatient, stoic, demanding, intolerant, and move towards feeling victimized once again.

Below are concepts that can help us better understand patience and have more of it in our lives. The concepts shed light on the benefits associated with being patient.

*“Patience has a gang of friends that accompanies it.” Dr. Recco*

**1). The Law Of Addition:** When approached correctly, patience can add important attributes and personal qualities to our lives. Patience has a gang of friends that accompanies it. The friends include moral, self-control, goodness, values, kindness, stability, acceptance, gratitude, caring, and mercy.

## This Article Discusses

Definitions of Patience

Benefits of Patience

Tips For Patience

Growing From Patience

When we clothe ourselves in patience and allow it to have its perfect work, the law of addition kicks in and deposits within us time tested truths that make us better.

**2). Better Thoughts:** Our thoughts and what we know play a major role in the level of patience that we have. At the core of better thoughts is the ability to remain stable and sober in our emotions, minds, and hearts.

It is important that we think about and mediate on wholesome things and positive aspirations on a regular basis. Why? Because when tests and trials come, our thought life kicks in with messages and motives that either help or hurt us.

*“Being patient works within us a sense of self-approval that others can’t take from us.” Dr. Recco*

**3). Self-Approval:** So often we seek the faulty approval of friends, family members, co-workers, and others. It is well known that no matter how hard we try, we can’t please them.

Listen! If we do not have their approval by now, we never will. Why? Because the more we give them and seek their approval, the more they will change the rules and raise the bar. This vicious cycle and trap can move us towards being impatient and not willing to wait, approve ourselves, and value our worth. The patient person knows their worth and feels good about their personage. If nothing else, being patient works within us a sense of self-approval that others can’t take from us.

**4). Completion:** It may seem weird, but patience helps us reach completion. It brings us to a point of accepting life and what befalls us, from a position of strength. We can find consolation, purpose, and contentment to the point of being complete and not desirous of anything.

*(continued pg. 6)*

## **Why We Need To Be Patient**

**Keeps Us Balanced**

**Explains Our Intentions**

**Brings Perspective**

**Promotes Self Reflection**

**Explains Our Intentions**

**Points Out Truths**

**Aligns Our Values**

**Develops Our Character**

**Helps Us To Hope**

**Increases Our Faith**

**Can Explain Life**

**Instills Values**

**It Speaks Loud & Clear**

**Saves Us Time**

**Addresses Our Fear**

*“When all else fails, try being more patient.”  
Dr. Recco*

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**Finding Me For Myself**



Recco Richardson, Ph.D., LPC  
Author, Trainer, Educator  
& Clinical Therapist

To reach the state of completion via patience, we must avoid feeling alone, seek peace with others, be resilient, mind our own business, make good decisions, hope for the best at all times, and manage our desires.

*“Patience is indeed a source of strength and power.” Dr. Recco*

**5). Strength:** Along with patience comes ideas of being strong and strengthened. This is true because the foundations and truths of patience that we stand on, can evoke, and build within us a level of internal fortitude and substance that is second to none. Patience is indeed a source of strength and power.

It is as if the troubles, doubts, fears, and failures that come to deflate us, energize our being, and promote strength that carries us to heights unknown.

**6). Courage:** I have found that the waiting and processing period of patience imparts in us a sense of courage. It is as if we say to ourselves “I have longed for and waited a long time for this, thus I will not fear or be discouraged.”

There comes a time in the process of being patient that indignation and a strong sense of fairness rises. It is from here that we can move out and place a demand on the things that should be a part of our lives.

**7). Be Heard:** Just like the squeaky wheel gets the oil, patient individuals are heard loud and clear. I have found that when I keep my cool and remain hopeful regarding the process, executive level decision-makers take note of my countenance and quietness about the matter.

Perhaps they are perplexed or sense a greater calling upon my wishes. Either way, being patient is a valuable weapon during negotiations, transitions, and times when we need to be heard.

## **Why We Fail To Be Patient**

**Compare Ourselves**

**Feel Alone**

**Untamed Passions**

**Personal Insecurities**

**Refuse To Change**

**Blame Others**

**Insufficient Faith**

**Traumatic Experiences**

**Narrow Mindedness**

**Lack Of Knowledge**

**Trust Wrong People**

**No Written Plan**

**Inadequate Planning**

**Listen To Wrong People**

**Fear Of The Unknown**

*“The Patient Soul Prospers.” Dr. Recco*

# COUNSELING

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## How To Contact Us



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