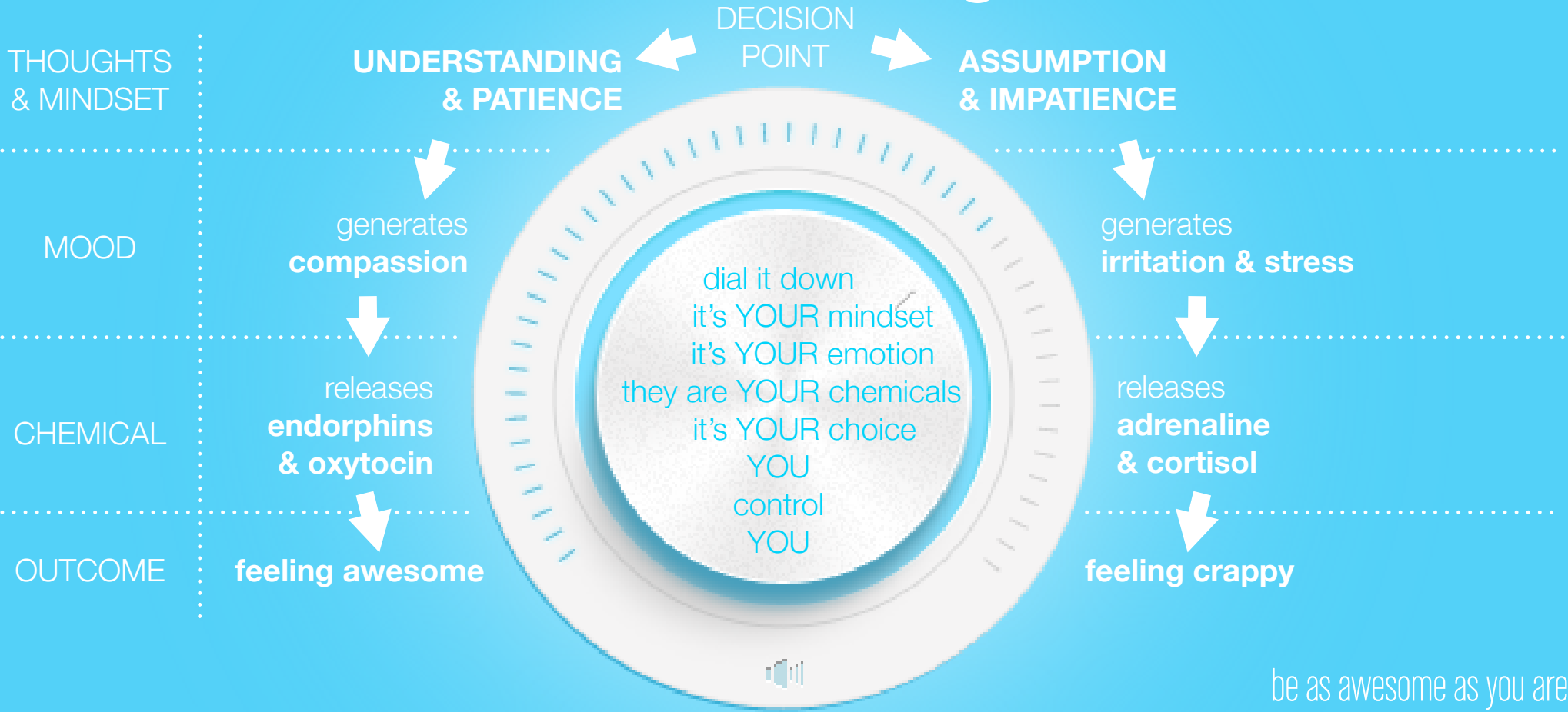


skill: emotion regulation



**“Patience isn’t ‘just’ a virtue; it’s simply a smart strategy.
Patience makes *you* feel better and improves your relationships.”**
—Jonathan D. Sherman

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