

Patience

V R T R S B N U J P L U R O D I L
I T Y M K Z Z H A O J Q C M Q R O
W A I T I N G T R Q T U T K W G N
L L U Y Y R I T E F D J J O C N G
B V C B X E N R D W Z S F E L I S
U C H S N O U Q U I D C O O L D U
P F Y C C S L Q V R J D F Q G N F
T G E F O V H M E I F M B Q U A F
E R L P D P I S G V D L P H R T E
U E M B E W T R J A Y A P I V S R
S O G B P R S T A G B C O H Z R I
C P G F A X W Q S U M G A T B E N
A A M I H D W D Y R K J Q N C D G
N B N G Y T I L I U Q N A R T N R
V T U X T H Z Q V F Y E E L P U F
S G N E T A R E L O T H H Q N P I
K S A A S F E E C N A R U D N E X

Long suffering
Tranquility
Endurance
Waiting

Understanding
Restraint
Tolerate
Cool

Self control
Composure
Patience
Calm