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My technique of having "patience"

I think my technique would be totally passive I am very shy and I never go to things but when it comes to get something I am very stubborn but I almost never express myself not for fear if I do not feel sorry for me scolding someone or things like that but It is a question that a friend made a foolishness would immediately say something frank and sincere for his sake I believe that what I do not have is trust both in me and in other people, it is the reality I can be a bit aggressive if My patience is over but it would be a little light would not take it to the extreme sometimes if I grasp character and willingness to be heard because it is my need to hear my discomforts (mostly school) but are in special cases and necessary.

Teacher many times you see me quiet or without friends but I really feel good about myself to a degree that I enjoy being alone, I do not like to open myself so easily to people, I find it hard to fit, but I'll be a bit neutral as The technique of passive-aggressive I really want to stabilize because I know that if I keep things I will not achieve anything; As the phrase says "He who does not speak, God does not listen" but to you if I see her as a friend and that's why I say this, thank you very much and my own technique is to be perseverant and very kind people mostly like Understandable people who bitter people and I will always have heard for everyone and will have my smile despite all the circumstances. :)
Better we are going to look for a solution instead of procreating a problem

**Everyone wants
happiness without
any pain, but
you can't have a
rainbow without
a little rain.**