



# TMI

## THE MIDDOS INITIATIVE

A CHARACTER DEVELOPMENT PROGRAM INSPIRED BY THE SEFER CHESHBON HANEFESH

שבט

SHEVAT

מְבִלְנוֹת - PATIENCE

# WELCOME TO TMI



## IN A WORLD OF WAZE AND OTHER NAVIGATION APPS,

roadmaps seem outdated. Who would carry around a messy, folded, and bewildering picture of lines and colors when there is an easier, more accessible option right on your phone? Roadmaps include a myriad of crisscrossing lines most of which are not relevant for your journey or to get you to your specific destination. They have keys, pictures, and numbers that can be confusing and difficult to decipher. Roadmaps do not predict problems that may arise on the way to your destination. There are no traffic alerts and there are certainly no warnings of police cars that loom ahead. In all likelihood, most of you have probably never even held a roadmap.

The Torah is similar to a roadmap. It is a beautiful and intricate guide that marks points towards a relationship with, and emulation of, Hashem. Along the way, we are supposed to pick up values and integrate them into our lives. Inevitably, we get lost in all of the details and find it difficult to access them as we navigate toward the specific destination we are trying to reach.

Sometimes, we do not even look down at our roadmap. We wander aimlessly along the highways of our lives without paying attention to which way we should be going. We know that there is a destination and that we should be striving to get there, but we become distracted by the sights and the scenes along the way. How many people, if they were stopped in the street, would have answers to questions like: In what way are you working toward self-improvement? How are you trying to emulate Hashem today? Are you focused on taking steps for change? Are you mindful of your destination and how it should permeate every moment of your life?

Indeed, what are the steps to get us closer to Hashem? This may be too broad of a question with too many potential avenues to travel down. This is where Middah comes in. We need to work on one character trait at a time. The Torah teaches us how to do that, but sometimes it is hard to find the compass that will help us embark on the right journey.

Based on the book Cheshbon HaNefesh, we present a systematic approach to character development, a Waze to becoming a better person. We provide a method for thoughtful change and growth that we hope will yield personal and religious success. Each month we will be working on a different middah, with many different touch points to help inculcate the middah into our lives. This will include daily check-ins, weekly challenges, monthly contests, and more. Each participant will receive a journal with which to track their own personal progress. This will serve as your personal navigation app, throughout the month.

Fit for anyone at any stage in life, this program is structured to reinforce the importance and relevance of middos, while remaining a personalized journey of growth.

We all want to be better. Growth is magnified when it takes place as part of a larger community. Join a group in your own neighborhood, or participate in our global endeavor at

**[NCSY.ORG/MIDDOS](https://ncsy.org/middos)**. Let's do this together.

**For more information about TMI please contact Alexa Szegedi, [alexa@ncsy.org](mailto:alexa@ncsy.org), or Josh Fagin, [fagin@ncsy.org](mailto:fagin@ncsy.org)**

חדש שבט

מבלנות - PATIENCE



Inspiring the Jewish Future

# INTRODUCTION TO SAVLANUS

## REMEMBER THAT GAME YOU PLAYED AS A KID? RED

light, green light, 1,2,3? If you haven't played in a while have no fear – the TMI team is here to remind you. The goal of the game was to reach the person standing across the room. The only way you could reach the person was when the “it” person was turned around. And then, if he couldn't see you, then you could move as fast as you could in order to try to get as close as you could. But if you were seen moving, you had to go all the way back to the beginning.

Yes, it sounds like a simple game for kids. Yes, we also have not played it in a while. But this very simple game has some intricate tactics. Some runners liked to run as fast as they could and gamble that they would be able to stop before the “it” person turned around—high risk, high reward—Alphas of the playground. But then, there was the other strategy, which was to take a single step each time ensuring that you would never get caught. Usually, the second type of person, who was more careful, would win.

We have just spent two months working on character traits that pertain to the need to do things with alacrity. Whether that meant to make sure to work hard, or it meant to do things with a certain fervor, we were in the fast lane for quite some time. This is the month we slow things down, when we take one step at a time and work on the *midda* of *savlanus*, or patience.

It seems almost contradictory that we could work on decisiveness and industriousness but also say that in Judaism we value going slow and being patient. How could we possibly value both? Even if we could, how could we possibly know when we should be using the character trait of the previous two months or whether a given situation calls for

the *midda* of this month.

There are two categories of commandments from Hashem. We have positive commandments, and we have negative commandments. We have commandments that are personified by staying away from bad and by doing good, the proactive commandments that we have to do in order to enhance us and the world.

*Zerizus* and *Charitzus* are both *middos* that are more relevant for doing good. We certainly do not hope people run towards sin! But they are teaching us what attitude we should have when trying to get closer to Hashem and follow his word.

However, *Savlanus*, patience is for staying away from bad. It is the *midda* that we have to work on to stop, think, and not act too rashly when we shouldn't. Sometimes we say or do things before we think. We need to have some patience, to be careful with what we say, watch how we act, and consider what we think.

Slow down, look around. Join us as we take one step at a time in our quest to work on our *middos*.

# TMI: AT A GLANCE

**ELUL**  
**SEDER**  
ORDER

**TISHREI**  
**EMES**  
SINCERITY

**CHESHVAN**  
**SHTIKA**  
SILENCE

**KISLEV**  
**CHARITZTUS**  
DECISIVENESS

**TEVET**  
**ZERIZUS**  
INDUSTRIOUS

**SHEVET**  
**SAYLANUS**  
PATIENCE

**ADAR**  
**KAVOD**  
HONOR

**NISSAN**  
**MENUCHA**  
TRANQUILITY

**IYAR**  
**KIMUTZ**  
FRUGALITY

**SIVAN**  
**ANAVA**  
HUMILITY

**TAMUZ**  
**TZEDEK**  
JUSTICE

**AV**  
**NACHAS**  
GENTLENESS

JANUARY-FEBRUARY 2023

**SHEVAT 5783**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	23 January 1	24 January 2	25 January
29 January 7	30 January 8	31 January 9	1 February
5 February 14	6 February 15	7 February 16	8 February
12 February 21	13 February 22	14 February 23	15 February
19 February 28	20 February 29	21 February 30	



## WEEKLY CHALLENGES

**WEEK 1** Did you count to 10 before responding to every text or email today?

**WEEK 2** Did you refrain from responding before someone finished speaking?

**WEEK 3** Were you focused on controlling reactions today?

**WEEK 4** Did I accomplish my personal *avodah*?

WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
3	26 January 4	27 January 5	28 January Bo 6
10	2 February 11	3 February 12	4 February Beshalach 13
17	9 February 18	10 February 19	11 February Yitro 20
24	16 February 25	17 February 26	18 February Mishpatim 27

# SHEVAT 1 | JANUARY 23

## MONDAY

- Did you count to 10 before responding to every text or email today?

Feel free to journal  
on these lines



Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Letting someone merge into traffic

### ספר אורחות צדיקים שער הזריזות<sup>1</sup>.

אף על פי שהזריזות טובה מאד, ייזהר שלא ימהר בעבודתו יותר מדאי, כי הרוב במהירות הוא קרוב מאד להיכשל. וכן מי שהוא רץ במהירות, הוא נופל. ולא ייתכן לתקן מעשה (מתוקן) [בבהלה], אבל במתון יתוקנו העניינים. וכן אמרו רבותינו (אבות פ"א מ"א): הווי מתונים בדין. והזריזות שיהא ניעור לבו ויקץ מחשבותיו ויקלו אבריו למלאכתו, אך לא ימהר בשום ענין. ואלו העניינים צריכים חכמה גדולה, מתי ימהר ומתי יאחר.

*Although promptness is very positive, one should make sure not to rush in one's work too much. One who rides [a horse] too quickly is likely to get hurt and one who runs very quickly will fall. One cannot complete a task properly if it rushed; doing something properly requires patience. This is why our rabbis stated "be patient in judgement." Promptness is to be awake, alert, and ready to act, but never to rush what one is doing. These issues require great wisdom to determine when one should act quickly and when one should act with patience.*

When do we value patience and when do we not?

## DAILY DOSE OF TORAH

**DAY 1** Rabbenu Yonah (Avos 2:13) says that someone with a good heart means someone who is patient. Why is someone who is patient described as someone with a good heart?

## SHEVAT 2 | JANUARY 24

# TUESDAY

- ☐ Did you count to 10 before responding to every text or email today?

Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Pushing ahead in the grocery store line

## DAILY DOSE OF TORAH

**DAY 2** The Mitzvah of Orlah, which forbids the usage or consumption of fruits from a tree in the first three years of its life, is a lesson in patience. One cannot just immediately eat from a tree but has to wait until it is fully developed. As a reward for that, the year you are finally able to eat from it, will be a year of surplus. What does this teach us about patience and instant gratification and what waits for us if we wait?

## SHEVAT 3 | JANUARY 25

# WEDNESDAY

- ☐ Did you count to 10 before responding to every text or email today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Holding the door for someone to enter the building first

## DAILY DOSE OF TORAH

**DAY 3** According to Rav Dessler, everyone wants to master the entire Torah, on the condition that it all happen in one night but not at the expense of one's sleep! What does that teach us about taking gradual steps and making realistic expectations? What time of the year can you connect to this idea?

## SHEVAT 4 | JANUARY 26

# THURSDAY

- ☐ Did you count to 10 before responding to every text or email today?

Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Waiting for your computer to reboot

## DAILY DOSE OF TORAH

**DAY 4** The Gemara (Sanhedrin 108b) contains a story of the Orshiner bird who, while living on the ark never demanded its food. Noach noticed the bird in its corner and asked it why it was so quiet. The Orshiner explained to Noach that she saw how busy he was feeding the other animals and did not want to be a bother to him. Noach blessed the bird with a Beracha that it should live forever more.

What warranted such an incredible blessing? Why is this the reward for such patience?

## SHEVAT 5 | JANUARY 27

# FRIDAY

- ☐ Did you count to 10 before responding to every text or email today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.

Sitting in traffic

## DAILY DOSE OF TORAH

**DAY 5** Rav Baruch Ber Leibovitz had a fascinating way to deal with anger. Whenever he got angry at one of his children, or someone else, before saying anything he would say that he needs to go get his angry hat from upstairs. After all, he was not able to angry without the hat that he designated to be angry in! By the time he made his way back downstairs with his angry hat firmly on his head, he was no longer angry and went back upstairs to put the hat back in its place. What is our angry hat that teaches us to be patient?

## SHEVAT 6 | JANUARY 28

# SHABBOS

- ☐ Did you count to 10 before responding to every text or email today?
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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Food is taking too long to come out when you are hungry

## DAILY DOSE OF TORAH

**DAY 6** The following verse from Hoshea explains why Hashem has forgiven us time and time again even though we may not have deserved it. It says:

הושע פרק יא פסוק א  
(א) כִּי נָעַר יִשְׂרָאֵל וְאֶהְיֶהוּ

*For Israel is a child and I fell in love with them.*

Hashem is our father and like any father who loves his children, Hashem is patient with us even if we were to sin. How could we emulate Hashem and be patient with those who may not deserve it?

## SHEVAT 7 | JANUARY 29

# SUNDAY

- ☐ Did you count to 10 before responding to every text or email today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome. Your friend takes forever to get their stuff together to leave

## DAILY DOSE OF TORAH

**DAY 7** In the Tomer Devorah, R. Moshe Cordovero explains that what makes God so otherworldly is the midda of patience. When Hashem will be patient and delay punishment because he loves us.



## SHEVAT 8 | JANUARY 30

# MONDAY

- ☐ Did you refrain from responding before someone finished speaking?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Get a plant. Water it every day

## DAILY DOSE OF TORAH

**DAY 8** Rabbenu Yonah (Avos 2:13) seems to imply that the opposite of patience is not just impatience, but anger. Why would that be? How is that a more accurate opposite trait?

## SHEVAT 9 | JANUARY 31

# TUESDAY

- ☐ Did you refrain from responding before someone finished speaking?

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Consider how the following scenario requires patience and why it may seem difficult to overcome. Someone in class is asking a question you know the answer to already

## DAILY DOSE OF TORAH

**DAY 9** They say at the Mir Yeshiva in Yerushalayim that the best place to work on character development is during lunch. The Yeshiva is the home to thousands of students and to be able to wait instead of pushing to the front to get food is the greatest display of control that someone could have over their desires. When is it hard for you to have control?

## SHEVAT 10 | FEBRUARY 1

# WEDNESDAY

- ☐ Did you refrain from responding before someone finished speaking?
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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
There is one bathroom stall and someone it is occupied

## DAILY DOSE OF TORAH

**DAY 10** On his commentary on Mishlei, Rabbenu Yonah explains the looking forward of the righteous is with happiness and gives us insight into righteous: that they are incredibly patient. What does happiness have to with patience? Does one lead to the other?

## SHEVAT 11 | FEBRUARY 2

# THURSDAY

- ☐ Did you refrain from responding before someone finished speaking?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Waiting for the class bell at the end of a class you don't enjoy

## DAILY DOSE OF TORAH

**DAY 11** A verse in Mishlei (20:25) says that sometimes people take on more in Judaism than they are able to handle and it ends up becoming something that is a trap for them. How could we understand this verse within the context of the character trait of patience

## SHEVAT 12 | FEBRUARY 3

# FRIDAY

- ☐ Did you refrain from responding before someone finished speaking?
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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Waiting for your parent to get off the phone so you have their attention

## DAILY DOSE OF TORAH

**DAY 12** The Shalah (שער האותיות ע) says that the way we should try to learn patience is by trying to perceive the actions of Hashem as patient. In what areas can you see Hashem as patient?

## SHEVAT 13 | FEBRUARY 4

# SHABBOS

- ☐ Did you refrain from responding before someone finished speaking?
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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
You want to talk to two friends but they are in the middle of a conversation

## DAILY DOSE OF TORAH

### DAY 13 The גמרא in נדרים says:

תלמוד בבלי מסכת נדרים דף סב עמוד א  
תניא: לאהבה את ה' אלהיך לשמוע בקולו ולדבקה בו - שלא יאמר אדם:  
אקרא שיקראוני חכם, אשנה שיקראוני רבי, אשנן שאהיה זקן ואשב בישיבה,  
אלא למד מאהבה וסוף הכבוד לבא,

It seems to say that כבוד is not bad, but just that strategically it is better to get כבוד but looking the part because then the כבוד will come slowly? Is this really what the גמרא is saying? How could we understand the גמרא differently in the context of סבלנות and how that could shape our actions and show that we are doing things for love and not for bad intentions?

## SHEVAT 14 | FEBRUARY 5

# SUNDAY

- ☐ Did you refrain from responding before someone finished speaking?
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Consider how the following scenario requires patience and why it may seem difficult to overcome. Internet freezes and you have to wait for it to reload

## DAILY DOSE OF TORAH

**DAY 14** Moshe was told to speak to the rock in the desert and instead, he hit it, and as a result he was not allowed to enter the land of Israel. One explanation is that Moshe should have been more patient with the people of Israel. Why is this enough to punish to the extent that he wouldn't be allowed to enter Israel?

## SHEVAT 15 | JANUARY 6

# MONDAY

☐ Were you focused on controlling reactions today?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Waiting for any test result

## DAILY DOSE OF TORAH

**DAY 15** The Shalah (שער האותיות ע) says that patience stems from humility. Why is that true?



## SHEVAT 16 | JANUARY 7

# TUESDAY

☐ Were you focused on controlling reactions today?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Sitting quietly for 10 minutes

## DAILY DOSE OF TORAH

**DAY 16** The Gemara (Pesachim 113b) says that there are three types of people that Hashem loves more than others: A person who never gets angry, a person who never gets drunk, and a person who overlooks slights and does not wish to repay bad to or harbor resentment against, one who caused him pain. Additionally, the Gemara (Kiddushin 71a) says that this person is privileged to a special level of godly revelation! According to many Jewish thinkers, this last category is an application of patience. Why is someone who is patient so special to Hashem to be in this elite category of people?

## SHEVAT 17 | JANUARY 8

# WEDNESDAY

☐ Were you focused on controlling reactions today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Successfully performing the marshmallow test

## DAILY DOSE OF TORAH

**DAY 17** The Gemara (Taanis 20b) says that the secret to the longevity that Rav Ada Bar Ahavah had was his patience. How does this make sense in the context of reward and punishment, but also in the context of scientific truths and health?

## SHEVAT 18 | JANUARY 9

# THURSDAY

☐ Were you focused on controlling reactions today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Continuing to speak to someone once you know they are lying

## DAILY DOSE OF TORAH

**DAY 18** The Maharal (Nesivos Olam, Nesiv Hakaas chapter one) points out that this world is a world of movement, not a world of patience. How can we slow down and achieve other worldliness?

## SHEVAT 19 | JANUARY 10

# FRIDAY

☐ Were you focused on controlling reactions today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Waiting until the end of a game/competition even after you've lost

## DAILY DOSE OF TORAH

**DAY 19** The verse in Mishlei (chapter 15) says that someone who is patient can break up fights and make peace. How could we use patience to strengthen our relationships, making them both more profound and meaningful?

## SHEVAT 20 | JANUARY 11

# SHABBOS

○ Were you focused on controlling reactions today?

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Consider how the following scenario requires patience and why it may seem difficult to overcome. Walking behind someone that is walking too slowly

## DAILY DOSE OF TORAH

**DAY 20** The Sefer Matok Midvash says that King David's and all of his accolades—his closeness to Hashem, contribution of Sefer Tehillim—are really attributed to his patience. When Shimi Ben Geira cursed him, threw dirt at him and still David said nothing, that is when he reached the loftiest of levels. Why was this patience the be all and end all?

## SHEVAT 21 | JANUARY 12

# SUNDAY

☐ Were you focused on controlling reactions today?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.

A car ride that feels too long

## DAILY DOSE OF TORAH

**DAY 21** The book Orchos Tzadikim shares that the secret to happiness is to be patient. What is the connection between those two things? What gets us down? How can patience be used to pick us back up?

## SHEVAT 22 | JANUARY 13

# MONDAY

○ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
The person next to you on the plane without shoes and socks on

## DAILY DOSE OF TORAH

**DAY 22** The verse in Mishlei states:

משלי פרק כה פסוק טו

(טו) בְּאַרְךָ אַפִּים יִפְתָּה קֶצֶין וְלִשׁוֹן רַכָּה תִשְׁכַּר־גִּרָם:

*Through forbearance a ruler may be won over; A gentle tongue can break bones.*

Some think that the best way to get your point across is to be combative. But this verse teaches us that the best method is through patience and kindness. Why would this be true? How can we try to apply this to our lives and when we are in difficult situations?

SHEVAT 23 | JANUARY 14  
**TUESDAY**

☐ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Something bad happens and waiting to see how it  
affects you

**DAILY DOSE OF TORAH**

**DAY 23** In the Seder Me'am Lo'ez on Avos (p. 243),  
it says that the best gauge for intelligence is  
patience. What does one have to do with the other?



SHEVAT 24 | JANUARY 15  
**WEDNESDAY**

☐ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Satisfying your hunger without stuffing yourself

**DAILY DOSE OF TORAH**

**DAY 24** Rebbe Nachman also seems to inflate the importance of patience. He says (לקוטי עצות) that someone who is patient will become rich. What? Why would that be?

SHEVAT 25 | JANUARY 16

# THURSDAY

☐ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.

Do your chores patiently and only then reward yourself for a job well done

## DAILY DOSE OF TORAH

**DAY 25** Rebbe Nachman (Sefer HaMiddos) says that someone who is patient will have a look that is subduing. That with a mere glance you will stop the person that is being combative in his track. Patience gives you a magic look. How can you explain this?

SHEVAT 26 | JANUARY 17  
**FRIDAY**

☐ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Saving money

**DAILY DOSE OF TORAH**

**DAY 26** Some of the Chassidus masters have said that conquering the character trait of patience is a better atonement for a person than 1000 fasts! Why would this be true? How does working on patience change us as people beyond just being more patient?

## SHEVAT 27 | JANUARY 18

# SHABBOS

○ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Careful about a routine workout plan

## DAILY DOSE OF TORAH

**DAY 27** Rav Simcha Zissel of Kelm, or better known as the Alter from Kelm, wrote about the integral trait of patience. He said (חכמה למוסר ח"א: רלח):

מי יתן ונתרגל במדת הסבלנות, כי זו שורש כל המידות והמנוחה,  
ושורש כל המעלות

*A person should try to habituate himself to patience, since it is the root of all good attributes and leads to inner tranquility.*

Why is this so? How can patience seep into every corner of our life?

## SHEVAT 28 | JANUARY 19

# SUNDAY

☐ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.

Brush your teeth twice a day, every day

## DAILY DOSE OF TORAH

**DAY 28** Patience in the home is very important to create a conducive haven for growth and love. Some sources say that specifically if there is patience displayed in the home, then a home becomes a house of study. Why is that true? How can we work on our patience at home and transform our home into Hashem's home as well?

## SHEVAT 29 | JANUARY 20

# MONDAY

○ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires  
patience and why it may seem difficult to overcome.  
Make healthy daily eating habits

## DAILY DOSE OF TORAH

**DAY 29** When Rav Chaim Volozhin first had the idea to open the Volozhiner Yeshiva, he went to seek advice from his Rebbi, the Gra and get his support. The Gra liked the idea but told him to wait six months and come back to him. Six months later he returned and asked again if he could open a Yeshiva and if he would have his Rebbi's support. This time the Gra was effusive in his support. He thought it was an incredible idea and could be the beginning of a movement of huge Torah scholars.

## SHEVAT 30 | JANUARY 21

# TUESDAY

☐ Did I accomplish my personal *avodah*?

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Consider how the following scenario requires patience and why it may seem difficult to overcome.  
Setting aside time to study with no distractions

## DAILY DOSE OF TORAH

**DAY 30** Rav Chaim was happy but confused. If the Gra liked it so much, why did he make him come back after six months? Why couldn't he have just started the planning then? He asked the Gra, and he responded that it is one thing to be excited for a moment about a good idea. But the only way that it would be successful is that even after you have cooled down you are still passionate about it. Then, and only then would I know the Yeshiva would be a success.

What does this story teach us about the importance of patience?

# ADDITIONAL READINGS





סבלנות מה טוב ומה נעים, וזו מדה טובה צריכה לכל אדם, הגדול לפי גדלו, והקטן לפי קטנו, אם הוא רישא דעמה צריך הוא לסבל את משא העם, ול־סבל עלבוננו מאנשים בני בליעל המתריסים כנגדו, וינהגם וינהלם בנחת רוח, וכן כל אחד בביתו לגבי אשה ותינוק לעולם תהא שמאל דוחה וימין מקרבת, והכל לפי מה שהוא אדם, ולפי דעתו של בן ולפי שניו, ולפי מדר־תיו ולפי השעה ולפי הצרך, צריך פלס ומאזני משפט, ושקול הדעת בשקל הקדש איזוהי דרך ישרה, אם לזרק מרה או לסבל ולשתק, אם לדבר רכות או קשות, וכמה גבורה צריך לסבל על ענין הדבור, כמאמר החכם עד שלא דברת הדבור אסירך, וכשדברת אתה אסירו (ספר חסידים סי' פו). לכן אף אם יהיה לבו בוער כאש והדבור מקשקש בתוכו ורוצה לצאת החוצה, יתג־בר כארי לכף את יצרו ולעצר במלין, כי באמת אמרו, מלה בסלע משתוקא בתרין (מגילה יח א), ומתון מתון ארבע מאה זוזי שויה (ברכות כ, א). וב־פרט בעדן רתחא ישים עצמו כאלם, לא יפתח פיו, כי לא בדעת ידבר, ואיש אף בדבריו יגרה מדון, והוא מחרף ומגדף, ואפלו שכינה אינה חשובה כנגדו, ולכן שתיקה יפה ויסבל ולא ישיב חורפו דבר, כי שומר פיו ולשונו שומר מצרות נפשו (משלי כא כג), וזוכה לרב טוב:

וכמה סבלנות צריך למי שרוצה להיות מלמד תורה לתינוקות של בית רבן, או לבניו ולפעמים הם קשים לשמע ומהר לאבד, או מחמת שהם חסרי מדע, או מחמת שאין נותנין לב לשמע ולהבין, וטבע הוא באנוש שיכעס גם כעס, וצריך סבלנות להוכיחם כפי הראוי להם לפי מה שהם ולנהלם, ולהיות חוזר חוזר עמהם, כמעשה דרבי פרידא שהיה חוזר עם תלמידו ארבע מאות זמני וזכה לשכר טוב (ערובין נד ב). ישמע חכם ויוסף לקח (שם א ה): וכן כל מאן דנפל בחולקה גרמא בישא, אשה קשת רוח, לו בכח יגבר להיות סובל הכל משום שלום הבית, כי גדול הוא. ואין לשבח ולפאר למי שהכל מכבדים אותו ומנשאים אותו ועושים רצונם כרצונו, שאינו כועס, כי אם בזאת יתהלל המתהלל, כאשר מכעיסים אותו על פניו ועושים עמו שלא כהגן והוא סובל את הכל ומעביר על מדותיו, שבזה מרויח שמע־בירין לו על כל פשעיו. וידוע מאמר רבותינו זכרונם לברכה (חולין פט א) על פסוק תולה ארץ על בלימה (איוב כו ז), שהעולם מתקים על מי שבולם פיו בשעת מריבה. וכלי עלמא ידעי שהסבלנות הוא טוב מאד, אבל אמרי מי זה האיש אשר יוכל שאת לעמד בו. אמנם לפי חמר שבו ולפי התועלת הנמשך ממנו לגוף ולנפש לעולם הזה ולעולם הבא ראוי להתחזק ברב עז ותע־צומות, וכל אשר יחפץ האיש יעשה בעזר משדי, ולפם צערא אגרא, והבא לטהר מסייעין אותו:”

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