

WHAT AM I TOLERATING?



We humans have learned how to tolerate a lot! We put up with, accept, take on and are dragged down by people's behavior, situations, unmet needs, crossed boundaries, incompleteness, frustrations, problems and even our own behavior.

You are putting up with more than you think. Take a couple of minutes to write down all the things you sense you are tolerating. As you think of more items, add them to your list.

Just becoming aware of and articulating these tolerations will bring them to the forefront of your mind and you'll naturally start handling, eliminating, fixing, growing through and resolving them. You may choose to write down any action you intend to take to resolve the toleration. Some common tolerations are shown in the margin [right].

Work

- Environment
- Colleagues
- Staff
- Clients
- Suppliers
- Holidays
- Working conditions
- Procedures
- Requirements
- Hours
- Filing

Family & Friends

- Spouse/Partner
- Children
- Relatives
- Close friends
- Social acquaintances
- Neighbors

Home

- Location
- Layout
- Cleanliness
- Decor
- Comfort
- Lighting
- Storage
- Garden
- Noise

Yourself

- Vitality/energy
- Weight
- Clothes
- Stress
- Exercise
- Boundaries
- Self-esteem
- Addictions
- Fulfillment
- Emotional
- Work/Play
- Anger

Money

- Credit-card debt
- Mortgage
- Tax
- Investments
- Insurance
- Cash Flow
- Income

Equipment/Appliances

- Car
- Computer
- Home electricals

TOLERATION	ACTION
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____
6 _____	_____
7 _____	_____
8 _____	_____
9 _____	_____
10 _____	_____
11 _____	_____
12 _____	_____
13 _____	_____
14 _____	_____
15 _____	_____