

What am I Tolerating?

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

You are tolerating more than you think. Please take a couple of minutes to write down stuff you sense that you are tolerating. As you think of more items, add them to you list.

Do you have to do anything about them? No, not really. Just becoming aware of, and articulating them will bring them to the forefront of your mind and you’ll naturally start handling, eliminating, fixing, growing through, and resolving these tolerations.

Remember, there are no “right” or “wrong” answers!

Enjoy.....

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1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____	11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____
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Common tolerations examples

Professional

- Working conditions
- Manager
- Coworkers
- Customers/clients
- Procedures
- Compensation

Personal

- Behaviors /Habits
- Anger/stress
- Motivation
- Weight/exercise
- Money
- Work/life balance

Family & Friends

- Spouse/Partner
- Children
- Relatives
- Family time
- Social time
- Community