

What Am I Tolerating?



We humans sure 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, unfinished business, frustrations, problems and even our own behavior. You are tolerating more than you think. So, what are you tolerating?

Please take a couple of minutes to write down stuff that you sense you are tolerating. As you think of more items, add them to your 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 soul and you'll naturally start handling, eliminating, fixing, growing through and resolving these tolerations. (Enjoy this, okay?)

How to Eliminate Tolerations

1. We tolerate for VERY good reasons. Discover these before eliminating tolerations.

Tolerations are like brakes – they slow down your naturally rapid personal development and evolution process. So, if you are experiencing fear, you'll "install" tolerations – ANYTHING to slow yourself down to feel a bit safer. Interesting thought, isn't it, that perhaps we deliberately (consciously or unconsciously) create things to tolerate in order to feel more secure about where we are along our path.

2. Make a list of the 50 things you are tolerating in your life, big and small.

You DO have at least 50 things and it should take you less than 20 minutes to write them down. And writing them down is very important – for your eyes to SEE them vs. your mind just to think them. In particular, write down the tolerations for which you cannot see a solution – the big, confrontive ones. It's essential that these are included, because usually the majority of your other tolerations hinge on these several big ones. FYI, include in your list tolerations from the following categories or areas of toleration: work/job/business, spouse's behavior/habits, YOUR behavior/habits, equipment/car, home/office, people's attitudes or communication styles.

3. Study the list and identify the immediate and long-term benefits of having/maintaining these tolerations.

This may sound a bit odd, because most people don't like their tolerations at all. Regardless, they ARE working for you in some way and it's important to recognize/admit how these ARE paying off for you, often in very practical and perhaps even healthful ways. Make a note of at least one benefit for each of the tolerations on your list.

4. Study the list and identify the hard and soft costs of those tolerations.

Okay, now you can identify what is 'expensive' about your tolerations. Hard costs are those costs that are known and measurable – they can either be short term or long term costs. Soft costs are those costs which are not as clear – an undercurrent of feeling that something about this toleration is really expensive, but you can't quite identify it exactly or completely. Identify the hard and soft costs for each of your listed tolerations.

5. Decide whether it's worth it to you to evolve into a Toleration-Free Zone

In doing the exercises in #2, #3, and #4, you'll have gotten to know yourself a bit better and also have come to understand the dynamic (both positive and negative) of tolerations. At some point along this process, you may choose to become what's called a Toleration-Free Zone, or TFZ for short. Basically, it's an internal change or shift where tolerations are no longer acceptable to you and you get on the tract to identifying and eliminating them (and the source of them). It doesn't mean that you won't tolerate things in the future. Rather it signifies that you fully understand the hard and soft costs of tolerations and won't tolerate them. When you encounter or notice tolerations, you'll move quickly to take care of them. Becoming a TFZ is NOT a promise you make to yourself or to anyone else. Rather it's just a place you've



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gotten to that says 'no' to tolerations. This 'attitude' will help you eliminate tolerations more easily as you encounter them. In effect, you will have been sensitized to the costs of tolerations to the point that you won't put up with them.



6. Pick the easiest toleration on your list and eliminate it 110%

110%? The extra 10% is the 'source' of the toleration. Let's say you can't tolerate your husband's squeezing of the toothpaste tube from the middle. (Some might call you anal retentive, but that's another article.) Rather than just asking/telling hubby to change his habits, you'd simply start buying the type of toothpaste packaging that either has a pump or that squeezes without a 'middle'. This example isn't a perfect one, but it does illustrate the 10% principle. In other words, change something 'behind' the toleration so that it never comes up again. Otherwise, you'll be swatting down tolerations over and over again. THAT'S not progress.

7. Tell the people whom you care about the most about this track you're starting on

Let people in your family and other environments know that you are entering this thing called Tolerant-Free Zone. Give fair warning and be gracious about not tolerating stuff that others have gotten used to you tolerating. It's only fair because in effect you've 'educated' them that you're okay with some of the stuff that you're now NOT OK with. So rather than pouncing on people, let them know how much you're changing in a particular area and spend a little time with those affected to talk about the things that have recently become 'not OK' with you. In other words, don't get righteous. Be fair.

8. Progress down your list for the next 90 days

Every toleration is fixable.

9. Make some important infrastructure/goals changes to support your progress

As you identify and eliminate tolerations, you'll probably find the need to install some new infrastructure in your life – for two reasons. First, the tolerations themselves DID provide support/focus for you, even if they were expensive. Second, the people, job, beliefs and projects that provide support for ANYONE may change given how much YOU are changing. People will leave (and you'll attract new folks), goals will change, etc. You'll need to recognize that you will be experiencing a sense of loss (even if relief!) and install the people, projects, routines, habits, new behaviors, etc. so that you can rely on a full system of support. You're only human!



What Am I Tolerating?

Name _____ Date _____



1. Home & Office

_____ 1	_____
_____ 2	_____
_____ 3	_____
_____ 4	_____
_____ 5	_____
_____ 6	_____
_____ 7	_____
_____ 8	_____
_____ 9	_____
_____ 10	_____

4. Work & Clients/Customers

_____ 1	_____
_____ 2	_____
_____ 3	_____
_____ 4	_____
_____ 5	_____
_____ 6	_____
_____ 7	_____
_____ 8	_____
_____ 9	_____
_____ 10	_____

2. Relationships & Family

_____ 1	_____
_____ 2	_____
_____ 3	_____
_____ 4	_____
_____ 5	_____
_____ 6	_____
_____ 7	_____
_____ 8	_____
_____ 9	_____
_____ 10	_____

5. Personal Finances & Income Level

_____ 1	_____
_____ 2	_____
_____ 3	_____
_____ 4	_____
_____ 5	_____
_____ 6	_____
_____ 7	_____
_____ 8	_____
_____ 9	_____
_____ 10	_____

3. Car, Appliances & Equipment

_____ 1	_____
_____ 2	_____
_____ 3	_____
_____ 4	_____
_____ 5	_____
_____ 6	_____
_____ 7	_____
_____ 8	_____
_____ 9	_____
_____ 10	_____

6. Personal Integrity & Self-Care

_____ 1	_____
_____ 2	_____
_____ 3	_____
_____ 4	_____
_____ 5	_____
_____ 6	_____
_____ 7	_____
_____ 8	_____
_____ 9	_____
_____ 10	_____





7. Lifestyle & Desires

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

8. Feelings & Reactions

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

9. Body & Appearance

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

10. Problems & Stress

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____

