

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, incompletions, frustrations, problems, and even our own behaviors.

You are tolerating more than you think. So, what are you tolerating? Please take a couple of minutes to write down the 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 life and you'll naturally start handling, eliminating, fixing, growing through, and resolving these tolerations.

WHAT AM I TOLERATING?

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

TOLERATION AREAS

Look for tolerations in the following areas:

AT WORK

Manager
Working Conditions
Procedures
Requirements
Hours
Job Tasks
Environment
Equipment
Company Culture
Co-workers
Compensation

WITH OTHERS

Close friends
Significant other
Children
Social friends
Relatives

WITH YOURSELF

Self-harshness
Criticism
Behaviors
Home
Car
Clothes



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