

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, incompleteness, frustrations, problems, and even our own behavior. You are tolerating more than you think.

What are you tolerating? Please take ten minutes to write down the stuff you sense that 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. (This should be fun!)

1	_____	_____	21	_____	_____
2	_____	_____	22	_____	_____
3	_____	_____	23	_____	_____
4	_____	_____	24	_____	_____
5	_____	_____	25	_____	_____
6	_____	_____	26	_____	_____
7	_____	_____	27	_____	_____
8	_____	_____	28	_____	_____
9	_____	_____	29	_____	_____
10	_____	_____	30	_____	_____
11	_____	_____	31	_____	_____
12	_____	_____	32	_____	_____
13	_____	_____	33	_____	_____
14	_____	_____	34	_____	_____
15	_____	_____	35	_____	_____
16	_____	_____	36	_____	_____
17	_____	_____	37	_____	_____
18	_____	_____	38	_____	_____
19	_____	_____	39	_____	_____
20	_____	_____	40	_____	_____