

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* behavior. You are tolerating more than you realize consciously.

So, what are you tolerating? Take 10 minutes to write down the stuff you sense that you are tolerating. As you think of more items, add them to your list. You don't have to do anything about these ... *we'll work on these together*.

Until then, just becoming aware of - and articulating - your tolerations will shed light on them. Through your awareness, you will naturally start addressing, eliminating, fixing, growing through, and resolving these tolerations. Remember, there are no "right" or "wrong" answers!

Enjoy ...

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