

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, unmet needs, crossed boundaries, frustrations, problems and even our own behavior.

You are probably tolerating more than you think. Let's take inventory. Please take a couple of minutes to write down anything you sense that you are tolerating. As you think of more items, add them to your list. What should you do about them? The first step is just awareness. Just becoming aware of and articulating them will bring them to the forefront of your thoughts and you'll naturally start handling, eliminating, fixing, growing through and resolving many of them.

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