

200 + Tolerations

adapted from CoachU, Inc. 2005

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 the things 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 mind, and you'll naturally start handling, eliminating, fixing, growing through and resolving these situations.

Here's an idea list of things to stop tolerating.

- Not enough storage space for all my office files
- A desk full of stacks of papers
- Peeling wallpaper
- A partner who is not unconditionally constructive with my child or children
- Being overweight
- A web page that needs updating
- Hair that doesn't look good
- A guest bedroom that needs cleaning up (it looks like a storage room)
- A partner's messy office
- A kitchen that needs a dishwasher (and it shouldn't be me)
- Not enough time scheduled for dreaming
 - Not enough time spent in the garden
- Not setting time aside to meditate
- Not saving money every month
- Not getting paid on time by all of my clients
- Clients who cancel appointments at the last moment
- Excessive clutter
- Storage shed that is so full you can't get into it
- Investments that should be reevaluated but haven't been
- Needing a water purifier
- Solar panels on the roof that need fixing
- House walls that need painting
- Kitchen floor that needs new tile
- Not having a spare key for the car
- Not having a well pump for the well
- The fact that I must park four blocks from work
- The no-leadership style of my boss
- A half-finished kitchen
- Tripping over my dog's toys throughout the house
- Having to get up each morning before the sun rises
- Evening telephone solicitations
- Limited trunk space in my car

Mortgage and car payments
Negative attitudes of people with whom I work
Needy relatives
Poor customer service and inadequate responses from vendors
Eating too much sugar and salt
Low levels of reserves
Too many possessions that need to be cleaned
A backyard that is an eyesore
A constant need for home maintenance and repairs
The invasiveness of e-mail and the Internet
People or institutions that don't return my calls
My lack of creative outlet
Being part of a profession whose goals and standards I can no longer relate to
Knowing all my debt will not be paid off for another 10 years
Inadequate retirement fund
Demands on my time by my children
A former spouse who does not contribute time or money to raising our children
The insanity of television newscasts
Not having replacement belts for my vacuum cleaner
Mildew in the grout of the tiles in my shower
Mildew on the plastic shower curtain
A crack in the sealer around the base of the shower
The outdated or broken tile in the bathroom
Missing lights on the medicine cabinet
Spiderwebs in the corners
Stuff on top of my fridge that has not been put away since I had that Christmas party 10 years ago
The dog hair that shows up somewhere else the minute I clean it up
Keeping the end table by my chair cluttered in order to put my coffee cup on it because if it's cleaned off the cat will lie on it, leaving no room for my coffee cup
Cat food on the kitchen table because it's the only surface the dog won't get to
New slipcovers that aren't quite the right shade
An area rug that doesn't match the living room
Thirty-year-old wall-to-wall carpeting that resists cleaning attempts
A dining room table currently covered with stuff not related to dining
Whites that have yellowed because of hard water
A humidifier that needs a new filter to work properly
An inherited chest of drawers that has a broken piece of veneer
Fixing one toleration by putting up a window shade only to have it become a new toleration because it doesn't fit properly
A cat that lies on my wrists when I'm working on the computer
A living room window that is cracked and so dirty I can't see out of it when the sun is shining
Having a nice attic but not being able to get into it because the steps are falling apart
Cleaning supplies that won't fit under the sink
Spending eight hours a day in a room with no window

A coworker who has more tolerations than I do and spends all day talking about them
Being the office dumping ground because I'm such a good listener
Having a sugar and caffeine addiction
Taking antidepressants and experiencing more severe PMS symptoms than before
Taking antidepressants and gaining weight because I can't seem to care about changing my eating habits any more
Wearing only what's comfortable even if I don't like the way I look
Squirrels getting in the bird feeder
Having gotten very good at acting patient and hating every minute of it
Not making time for art or music or crafts
Water stains on the walls
A roof that is only half resingled
Rusty iron porch railings
Trim on the house that needs to be painted
House that needs to be repainted
Being deep in debt with no end in sight
Not having a coach because I can't afford one
Not being able to do much about most of my tolerations because they need money to be resolved
Not having a nice stereo
Having a saddle and riding boots and no horse
Loving to travel and not knowing when I'll next be able to take a trip somewhere
Having so many talents and interests that I'm constantly being pulled in lots of directions
Being very good at maintaining acquaintances but having few close friends
Not knowing how to build a network or not being able to figure it out in a way that isn't too overwhelming
Being easily overwhelmed and trying to act like I'm not
Being surrounded by people that think following your dreams is a needless, self-indulgent activity
Throwing away money on things I don't really need or use
Being from and living in a community where it's ingrained in the collective consciousness that the more you're tolerating, the more righteous you are
Hating the way animals are processed for food and yet not being able to give up eating beef because it's comfort food
Fearing that if I move to someplace I love to visit, it will be ruined forever
Knowing that I'm the only reliable sibling and that when the time comes that my parents need to be cared for, it's all going to fall on me
Knowing I can't afford to move anywhere even if I wanted to
Knowing that techniques like affirmations, self-hypnosis, and guided imagery work for me but still not practicing them
Not having a garage for my car
Large parts of my lawn being covered in weeds
Writing a volunteer weekly column for the local newspaper for months, wanting to be paid for it now, and not knowing what to do about it
The fact that my laptop computer has needed a new battery for months

Having boxes of things that need to be donated but that I haven't taken to the donation center
Being so intent on being true to myself that it gets in my way
Not having enough time to read and understand all that I want to
Believing things that people say when I know they are not true for me
Spending 95 percent of my waking hours struggling with frustration of some sort or another
Being hungry but not wanting to stop what I am doing to get something to eat
Having more books than bookshelves
Working at a job I don't enjoy
Having friends who are almost all 10 to 20 years older than I am
Not knowing how to ask for space from people without getting snippy because I've waited too long to ask
Having health insurance that doesn't pay for massage therapy or other alternative therapies
Having lower back problems from sitting in a nonergonomic chair all day
Having one of those combination copier/scanner/answering/fax machines when all I really need is a flatbed scanner
Having someone in my life who always tries to tell me what to do
Not knowing how to tell someone in my life to stop hurting my feelings without hurting his or her feelings
Feeling that if my parents died tomorrow, it would be catastrophic for me, even though I think I've been trying to plan ahead
Living in an uninsulated house in a place where it gets really hot or really cold
Being designated the keeper of the peace in the family
Being really sentimental
Having a poorly designed kitchen
Having a neat-looking 1950s stove or oven, only part of which works
Being crabby a lot
Not having a friend in the same town that I can just call up on the spur of the moment to go out with to do something
Feeling like I don't really have time to do things that are just for fun
Living too far away from places I enjoy visiting: museums, specialty shops, like-minded organizations, but not wanting to move
Living with a constant inner sense of deep frustration
The lack of sunlight in winter
Fear of ice on the sidewalks
Living in a dangerous area
Beating myself up because I can't seem to apply all the things I know to myself
Not getting enough deep belly laughing every day
Having brains and talent but not knowing of any means of making a living from them
Feeling victimized and helpless and hating myself when I see others being victims too
Experiencing lots of synchronicity with tiny things every day, but not with the big important things
Not having a life plan that seems doable
Forty-year-old carpet in my bedroom and a mismatched bedroom set

The pile of stuff on top of the dresser that I can't seem to throw away
Not having organized Christmas decorations
A brown splotch on the wall from where I killed an insect
Having insects show up every now and then high on my bedroom walls where I can't reach them
Having insect invasions every summer
Visible dust collected on the top of the ceiling fan in the bedroom
Not being able to see my clock or radio without my glasses
A partner who chews food noisily
A partner who hates where we live
No table light in my bedroom
No reserve of income
Not taking a holiday every year
Not visiting friends or family as often as I'd like to
Having old, worn-out shoes
A car that needs washing
A back bumper that needs replacing
Clothing of dissatisfying quality
Living on a noisy main road
Not having a strong community
No recreation in my life
Not going dancing regularly
Underselling myself
Shelves waiting to go up
New light fittings waiting to go up
Cupboard door hanging off
Sock drawer broken
Upstairs room still waiting to be upgraded
A kitchen that has room only for one person at a time
Carpet that needs cleaning
Insufficient income
Few visitors to the house
Weak networks
No fun opportunities
Credit card debt
Lack of discipline in myself
An echo in my phone line
My spouse's tone of voice with me
A client who changes appointments frequently
Too much e-mail
Clothing that doesn't complement my body shape
My frying pan—everything sticks
A phone headset that doesn't fit my head or ear properly
A lack of consistent income
Telemarketing calls at inconvenient times
Cell phone battery that needs replacing

A stock of magazines and not enough time to read them
A lack of support in my local professional group
My tenant's late rent payments
A lack of closet space in my home
Too much television
A lack of communication with my spouse
Too much paperwork
A lack of an up-to-date business plan
Fleas on my pets
A lack of clients
Software that doesn't work
A messy studio/home/bedroom/other room
A web site that doesn't reflect me
Dandruff
Cooking dinner every night when I don't want to
People who go beyond the bounds of decency
A dent in the front door of my car
An overcrowded filing cabinet
Not having a car I enjoy driving
Feeling depressed and not taking enough action
Dissatisfaction with my sexual relationship with my partner
Unsorted boxes of stuff in my closet
Holding on to clothes
I don't really like Gophers tunneling under my new front lawn
Termite damage to my house
A floor that needs refinishing
A broken sun visor in my car
Holding on to some stocks that have lost me a lot of money
My fear of analyzing my investments and taking the steps I need to get on the right track
Doing without an office assistant even though I need one
Not getting enough sleep to feel rested
My attitude that I should be able to handle everything on my own, even though I can't
People who criticize me
Not making enough money to afford what I want
A garage so full of stuff I can hardly move around in it
Windows that need cleaning
A garden shed that is rusting and needs replacing
Mildew on my roses
Lack of flowers in front of the house
Bedroom furniture that is no longer up to my standards
A backyard that needs landscaping
Not working out at least three times a week
A neighbor's pet that poops in my yard