

# Tolerations Checklist

All of us are tolerating more than we think. Ask your clients to take a few moments to think about this and complete the following form. The list of tolerations is infinite, different for every person. Try to limit the list to 20-50 tolerations. You would also benefit from this exercise!

What Am I Tolerating?	
Common Tolerations	My Tolerations
<p><b>Tolerations Areas</b></p> <p>Look for tolerations in the following areas (Please note that these are just a few. The list of tolerations is as diverse as people themselves):</p> <p><b>At Work</b></p> <p>Manager Working Conditions Procedures Requirements Hours Job Tasks Environment Equipment Company Culture Co-workers Compensation</p> <p><b>With Others</b></p> <p>Close friends Spouse Children Social friends Relatives</p> <p><b>With Yourself</b></p> <p>Self-harshness Criticism Behaviors Home Car Appearance</p>	1.
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	3.
	4.
	5.
	6.
	7.
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	9.
	10.
	11.
	12.
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	14.
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	16.
	17.
	18.
	19.
	20.