

Toleration vs. Tolerance

A **Toleration** is something in your life that you ‘put up with’ or that ‘bugs’ you.

A toleration is a nuisance, an irritant, creates frustration, and sometimes is even painful. A toleration drains your personal energy and demands your attention.

It will take more and more energy away from you, until you chose to do something about it.

Tolerance is the skill of accepting the things in the world that you cannot change or you choose not to change. Learning tolerance shifts you away from the draining energy of agitation and frustration into the flow of life.

Your job is to figure out what you are tolerating in your life and in your work, and how to eliminate your tolerations to gain more personal energy and when to become more tolerant so you keep your energy!

"..... grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Reinhold Niebuhr

Seven Key Points about Tolerations

1) Tolerations are things you are putting up with.

These include people, situations, behaviors, yourself, your body, your environment, feelings, reactions, problems, pressures, expectations, restrictions, stress, inadequacies, and events, that pull you off your center, demand your time, make you feel drained or ‘bug’ you.

2) We have good reasons for tolerating.

These reasons include cultural norms, ignorance/unawareness, unmet needs, external pressures, and/or emotional stresses. It is normal to have things that bug you. Friction from tolerations stimulates us. This often can result in or be the cause of a creative solution, gadget, product, etc.

Dianne Laramee, Personal Research Coach

<http://www.diannelaramee.ca>

Dianne@diannelaramee.ca

3) Tolerations are expensive.

There are two types of cost when we tolerate; the first is immediate and the second is delayed.

The immediate cost is that when you have lots of tolerations - your world is cluttered with discomforts, emotional reactions, loss of energy, friction etc. It takes energy just to be participating in the events around you. You may be so busy focusing on immediate situations that you don't catch the other opportunities that are occurring around you. You may be to numb/ignorant/unaware of them.

The delayed cost is opportunity. If you are not present and in the moment, how can you see what the possibilities are for the future? If your time and energy are focused on the things that drain you, it is difficult to have the time and energy to step into the things that bring you vitality and life. Opportunity comes to those people who are open, receptive and alive to the possibilities that life has to offer. The loss of opportunity can be *very* expensive.

4) When you reduce what you tolerate you become energized.

When you tolerate you allow yourself to be drained. When you take responsibility for the tolerations and eliminate or change a situation you become energized and aligned with what works best for you. You become more of who you are and attract more of what you want.

5) Understand tolerations before you eliminate them.

Tolerations are here for a reason. Figure out the reason before you take action to fully resolve a situation so it doesn't come back and bite you.

6) Make changes to prevent tolerations.

Boundaries, standards, and reserves help prevent tolerations. As you extend your boundaries, less bad stuff gets near you. As you raise your standards you rise about the muck of life. As you build time and financial reserves you can see life as it occurs and thus respond much faster to things that might turn into tolerations.

7) What tolerations are not.

Controlling your tolerations is about controlling your own choices and behavior...it's not about "FIXING" everyone around you.

Dianne Laramee, Personal Research Coach

<http://www.diannelaramee.ca>

Dianne@diannelaramee.ca

Toleration Categories: Actions for Shifts:

Physical repair, replace, redo, complete projects, upgrade tools, gadgets or appliances, replace costly items, restructure complex situations, build needed reserves, design strategies to prevent reoccurrence

Mental review your relationship with yourself, change your mind set, learn daily disciplines, grow a habit, get rid of a habit, change the dynamic of a relationship, learn new communication skills, build boundaries, raise standards, know yourself well

Emotional learn daily disciplines, practice unconditional love for self and others in all situations, practice acceptance, faith, forgiveness, compassion, make the present perfect, know one's purpose, speak the truth unconditionally, let go of assumed judgments

Benefits gained from eliminating Tolerations

- 1) More energy.
- 2) Better attitude.
- 3) More opportunities.
- 4) Less conflict.
- 5) More influence and personal power.
- 6) More vitality, better health.
- 7) Increased creativity.
- 8) More time.
- 9) Increased attractiveness.
- 10) Satisfaction in life.

Seven things to remember about Tolerations

- 1) Tolerations are things you are putting up with.
- 2) We have good reasons for tolerating.
- 3) Tolerations are expensive.
- 4) When you eliminate or reduce a toleration you become energized.
- 5) Understand your tolerations before you eliminate them.
- 6) Make changes to prevent tolerations.
- 7) Tolerations are about your choices and behavior.

Brain Storm The Tolerations Game

Below list the challenges and frustrations that would not occur in your perfect work world.

Dianne Laramee, Personal Research Coach

<http://www.diannelaramee.ca>

Dianne@diannelaramee.ca

Example: If my world was perfect then I would not have a slow computer, a mouse that sticks, failure on programs, co-workers/clients that are sarcastic, employees that go over my head for answers, a person who doesn't recognize and acknowledge my skills, low pay, bad filing system.....

If my work world was perfect then I would not have

- .
- .
- .
- .
- .
- .
- .

List the challenges that would not occur in your perfect life:

Examples: If my life was perfect I would not feel rushed, need to clean the house, have broken appliances, boxes of stuff in the garage and unfinished projects laying around....

If my life was perfect then I would not have

- .
- .
- .
- .
- .
- .
- .

What Am I Tolerating List

Client Instructions: We humans sure have learned 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 or bad habits.

Review your brainstorm worksheet and make a list of your tolerations in the space below.

What Am I Tolerating?

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Dianne Laramee, Personal Research Coach

<http://www.diannelaramee.ca>

Dianne@diannelaramee.ca

8
9
10
11
12
13
14
15
16
17
18
19
20

What Am I Really Tolerating?

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20

Getting into Action

Do you have to do anything about all the things you are tolerating? No, not really. By increasing your awareness of them and articulating them you will naturally start to eliminate, fix and handle the things that are draining you of your vital life energy.

Dianne Laramee, Personal Research Coach

<http://www.diannelaramee.ca>

Dianne@diannelaramee.ca

Sometimes tolerations do take a little planning to eliminate. Use the worksheet below to handle your most challenging tolerations. List your toleration and answer each question to help you get into action, resolve your energy drains, and regain your vitality.

1. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?

2. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?

3. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?

4. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?

5. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?

6. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?

Dianne Laramee, Personal Research Coach

<http://www.diannelaramee.ca>

Dianne@diannelaramee.ca

7. Toleration:

What specific steps can you take to eliminate this toleration?

Who will support you in this?

How will you feel when you have taken care of this?