

# What Am I Tolerating?

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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 stuff 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 soul and you'll naturally start handling, eliminating, fixing, growing through, and resolving these tolerations.

What Am I Tolerating?	
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