

200+ Tolerations

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- The outdated or broken tile in the bathroom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 reshingled
- 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
- Not being able to come up with a concrete way to describe what I'm doing as a coach
- 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 20 clients that are like my one wonderful client who will pay me \$200 a month (or more)
- 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