

Top 5 Tolerations

At Home

Identify five items you are tolerating (whether or not you have a solution).

Ex: Where are you living; the amount of storage available; small kitchen; high mortgage/taxes; carpet stains; broken appliance, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

What patterns are there?

At Work

Identify five things from work or professional life (whether or not you have a solution).

Ex: Difficult boss, low pay, work hours, commute, boring work, responsibilities, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

What patterns are there?

In your Family/Community

Identify five items you are tolerating in your family/ community (whether or not you have a solution).

Ex: Friend's judgement, loud neighbors, spouse habitually late, children not picking up after themselves, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

What patterns are there?

What can I DO, DIVIDE, DECIDE, or set a DUE DATE for?

What can I DELEGATE, DELETE or DEAL WITH (accept)?

EXAMPLE:

Top 5 Tolerations

Top 5 Tolerations		
At Home	At Work	In your Family/Community
<p>Identify five items you are tolerating (whether or not you have a solution). Ex: Where are you living; the amount of storage available; small kitchen; high mortgage/ taxes; carpet stains; broken appliance, etc.)</p> <ol style="list-style-type: none"> 1. Lightbulb out in kitchen 2. Floors are dirty 3. Coffee table cluttered 4. Car needs to be washed 5. Pictures all over DR table 	<p>Identify five things from work or professional life (whether or not you have a solution). Ex: Difficult boss, low pay, work hours, commute, boring work, responsibilities, etc.)</p> <ol style="list-style-type: none"> 1. Slides need to be created 2. Desk is cluttered 3. Proposal outline not done 4. Future direction unknown 5. Website not finished yet 	<p>Identify five items you are tolerating in your family/ community (whether or not you have a solution). Ex: Friend's judgement, loud neighbors, spouse habitually late, children not picking up after themselves, etc.)</p> <ol style="list-style-type: none"> 1. No social plans on cal. 2. Kids not helping w/house 3. Neighbors kids loud 4. Negative friend 5. Family impulsivity
What patterns are there?	What patterns are there?	What patterns are there?
<p style="color: #a52a2a;">All are things I can see: Visual clutter/dirt/lighting</p>	<p style="color: #a52a2a;">All are things that need to be done or require decisions</p>	<p style="color: #a52a2a;">Mostly tolerating negative emotions (loud, negative, etc.)</p>
What can I DO, DIVIDE, DECIDE, or set a DUE DATE for?	What can I DELEGATE, DELETE or DEAL WITH (accept)?	
<p style="color: #a52a2a;"><u>DO</u>: Change lightbulb (3 min.) Put pictures in one bin <u>Decide</u>: Make plans for lunch with Lisa <u>Divide</u>: tasks for kids to help with</p>	<p style="color: #a52a2a;"><u>Delegate</u>: Car wash (kid); wash floors (kid) <u>Delete</u>: Coffee table (cross off. Can do in future) <u>Deal with/accept</u>: neighbors kids; family impulsivity</p>	
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