



What Am I Tolerating?

Human beings have an incredible capacity to *tolerate*. We learn—often unconsciously—to endure far more than we realize. We absorb the weight of other people’s behaviour, sit in situations that drain us, ignore our unmet needs, allow our boundaries to be crossed, carry unfinished business, and accept frustrations or problems that quietly chip away at our energy and well-being. Sometimes, we even tolerate patterns in **ourselves** that we know deep down are no longer serving who we are becoming. The truth is: you are tolerating more than you think.

Tolerations become like background noise—so familiar that we stop noticing them. Yet they take a toll. They siphon mental bandwidth, emotional strength, physical energy, and spiritual clarity. When we finally pause to shine a light on them, we often realize how long we have been carrying burdens that were never meant to be permanent.

So ask yourself: **What am I tolerating?**

Take a few minutes—right now—to write down anything that comes to mind. It may be a relationship dynamic, a habit, a household task left undone, a job situation, clutter, a fear, a repeated conversation pattern, a health concern, a financial stressor, or a dream you keep postponing. It may be subtle or obvious. Small or big. Old or new. If it pulls at you, drains you, nags at you, or creates a sense of heaviness, it deserves to be acknowledged.

As more items come to mind, simply add them to your list. Don’t judge them. Don’t overthink them. And most importantly—don’t worry about fixing them right now.

You don’t *have* to do anything with this list.

Just the act of bringing these tolerations out of your head and into the light can be transformational. Awareness itself is powerful. When you name what you’ve been tolerating, you interrupt the automatic patterns that kept it hidden. From there, something shifts—naturally, gently, and almost effortlessly. You may find yourself beginning to address, release, reorganize, resolve, or outgrow these tolerations without forcing anything.

This simple exercise invites you back into alignment with your own well-being. It opens the door to clarity, boundaries, self-respect, and renewed energy.

Your life becomes lighter the moment you choose to really see what you’ve been carrying.



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