TOLERATIONS ASSESSMENT

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INSTRUCTIONS

You're about to take a self-assessment with 500+ potential tolerations.

Some situations listed might be in your life, but tick them off only if they truly qualify as a toleration.

Answer intuitively, keeping the 4 questions in mind:

- *Is it causing friction?*
- *Is it causing frustration?*
- *Is it draining your energy?*
- *Is it taking up space in your mind?*

Remember: You only have to answer yes to one for it to qualify as a toleration.

Tailor the wording on the assessment to reflect your particular situation. If cluttered kitchen counters aren't a toleration for you, but cluttered bookcases are, you can simply change the wording.

There's also space to add additional tolerations. Taking the assessment will trigger other things and situations you're putting up with, so be sure to jot them down as well.

Don't rush through the assessment, but don't overthink it. Most finish in 20-30 minutes.

Keep in mind this assessment is for your eyes only, so be honest about what you're tolerating.

get started

[ ] Store clerks who act put upon
[ ] Negative people
[ ] Knee pain
[ ] Being impatient with others
[ ] Echo in phone line
[ ] Bottling up my feelings
[ ] Strained relationships
[ ] Plants need repotting
[ ] Piles of unfiled paperwork
[ ] Gossipy neighbors
[ ] Expectations for perfect holiday
[ ] Broken coffee grinder
[ ] Taking dogs out in cold weather
[ ] Poor posture
[ ] Need administrative support at work
[ ] Always the one to clean house
[ ] Not being involved in my community
[ ] Burned out light bulb in closet
[ ] Mindless TV watching
[ ] Battery life of electric toothbrush
[ ] No natural light in bathroom
[ ] Having an endless To Do list
[ ] Feel guilty missing kids' activities
[ ] CD player doesn't work
[ ] Transferring credit card balances
[ ] Signed up for too many newsletters
[ ] No time to exercise
[ ] Dry cleaning is expensive
[ ] Feel uncomfortable networking
[ ] Compulsive relationship with food
[ ] Running out of money before payday
[ ] Compulsive relationship with food
[ ] Running out of money before payday
[ ] Ugly siding on house
[ ] Fear of missing out
[ ] Non-ergonomic chair at work
[ ] High cost of rent or mortgage
[ ] Corporate red tape
[ ] Items for donation still sitting in closet
[ ] Vacation days used for house projects
[ ] Spending too much money
[ ] Not having a plan for my life
[ ] House is cluttered and disorganized
[ ] Friends pick expensive restaurants
[ ] Being a perfectionist
[ ] Watching my kids make bad choices
[ ] Spouse doesn't appreciate me
[ ] Not keeping my nails groomed
[ ] Impulsive shopping
[ ] Friends giving unsolicited advice
[ ] Dirty windows
[ ] Being critical and judgmental of others
[ ] Worried about health of aging parents
[ ] Stepping over bikes and toys in garage
[ ] Offensive spam in my inbox
[ ] Foreclosures lowering property values
[ ] Unable to find a reliable babysitter
[ ] Friends who don't pay fair share of tab
[ ] Distracted when working from home
[ ] Boss downplays my contribution
[ ] Underselling myself
[ ] Not sticking to project timelines
[ ] Need a better handle on finances
[ ] Living in apartment rather than house

[ ] Fear of starting my own business
[ ] Confused about healthy food choices
[ ] Always running late
[ ] Wisdom teeth need to be pulled
[ ] Neglecting my own self-care
[ ] No headboard in master bedroom
[ ] Living with a constant To Do list
[ ] Feel I'm not living up to my potential
[ ] Son dropping out of college
[ ] Worn carpet needs to be replaced
[ ] Not trusting my own instincts
[ ] No support for recycling program
[ ] Long commute
[ ] Dispute about health coverage
[ ] Daughter has horrible taste in clothing
[ ] Credit card debt
[ ] Yard needs to be reseeded
[ ] Not using my time wisely
[ ] Loud people at movie theater
[ ] Not actively saving for retirement
[ ] Difficult to park in my neighborhood
[ ] Buying something because it's on sale
[ ] Office mate is inconsiderate
[ ] Not enough me time
[ ] Mattress needs to be replaced
[ ] Garage door opener doesn't work
[ ] Difficult to make ends meet
[ ] Carpal tunnel
[ ] Being a mother to my granddaughter
[ ] Poor cell phone reception
[ ] Not having enough energy
[ ] Messy roommate
[ ] Friend who never listens
[ ] Gutters full of leaves
[ ] Disorganized digital photos
[ ] Ceiling fans need to be cleaned
[ ] Doctor runs late for my appointment
[ ] Not having outdoor space
[ ] Having to shovel snow
[ ] Eating out too much
[ ] Smartphone screen is cracked
[ ] Not living in the present
[ ] Need backsplash in kitchen
[ ] Homeowner's Association is restrictive
[ ] Endless carpooling of kids to activities
[ ] Clothes are out of style
[ ] Teeth are not bright white
[ ] Checking email too often
[ ] Too little time with significant other
[ ] Need to find a new accountant
[ ] Kids leaving toys all over house
[ ] Favoritism at work
[ ] Cluttered kitchen counters
[ ] Afternoon fatigue makes me snack
[ ] Thighs rubbing together
[ ] Poor quality cable picture
[ ] Our dog jumps on guests
[ ] Women who have it all together
[ ] Drinking too many diet sodas
[ ] Car needs a tune-up
[ ] Toilet runs until jiggle handle
[ ] Porch railing needs to be replaced
[ ] My office has no windows
[ ] Ex is late paying child support

[ ] Career no longer feels like a good fit
[ ] Traffic doing errands on weekends
[ ] Receiving hundreds of emails each day
[ ] Overflowing junk drawer
[ ] Poor communication with spouse
[ ] Noisy ice maker
[ ] Exceeding mileage for oil change
[ ] Co-workers bringing sweets to office
[ ] Unreliable public transportation
[ ] Political debate with family member
[ ] Overstuffed medicine cabinet
[ ] Noisy neighbors
[ ] Excessive bank fees
[ ] Co-worker eats smelly food at desk
[ ] Holding grudges
[ ] Unused exercise equipment
[ ] Savings account being depleted
[ ] Passport is out of date
[ ] Not enough vacation time
[ ] Family member who drinks too much
[ ] Colleagues with low quality standards
[ ] Always one to empty dishwasher
[ ] Feeling envy when on social media
[ ] Use too much concentrated detergent
[ ] Second guessing my choices
[ ] Paying too much for childcare
[ ] Not having enough storage
[ ] Out of control afternoon snacking
[ ] Forgotten birthdays and anniversaries
[ ] Constant worry about money
[ ] Being overweight
[ ] Vacuum has poor suction
[ ] Snow plow blocks my driveway
[ ] People coming unprepared to meetings
[ ] Not sure wearing the right bra size
[ ] Hitting snooze alarm every morning
[ ] Cracking my knuckles
[ ] Blinds dusty and don't close properly
[ ] Need new skills for a career change
[ ] Obsessing about food
[ ] People talking to me on speakerphone
[ ] Not taking time for play and fun
[ ] Can't attract people I want in my life
[ ] Saying "yes" too often
[ ] Confusing camera features
[ ] Mindless eating
[ ] High property taxes
[ ] Disengaged in my work life
[ ] Bathtub drain won't hold water
[ ] Scratch on new table
[ ] Not setting boundaries
[ ] Moving clutter from room to room
[ ] Houseplants turning brown
[ ] Earning less than I am worth
[ ] Bombarded to join Facebook
[ ] Worn out ironing board cover
[ ] Server always crashing at work
[ ] Not using my gym membership
[ ] My kids don't stay in touch
[ ] Keeping a gift because it was a gift
[ ] Expensive home theater we rarely use
[ ] Boss asks for things last minute
[ ] Spending money to impress people
[ ] One-way friendships that are draining

[ ] Neighbors' yard is an eyesore
[ ] Kitchen is too small
[ ] Broken zipper on purse
[ ] Squeaky stairs
[ ] Overeating
[ ] Never being spontaneous
[ ] Landscaping expensive to maintain
[ ] Family pressuring me to get married
[ ] Sudden appearance of facial hair
[ ] People who don't cover their cough
[ ] Not being clear about my life purpose
[ ] Leaky garden hose
[ ] Feel guilty for not practicing my faith
[ ] Car repair shop closed on Saturdays
[ ] Not listening to my intuition
[ ] Sunglasses never where I need them
[ ] Need to refinance mortgage
[ ] Friend complaining about her husband
[ ] Low interest rate for savings account
[ ] Friends who gossip
[ ] Company freeze on performance raises
[ ] Too many magazine subscriptions
[ ] Refrigerator covered with paperwork
[ ] Not feeling confident
[ ] Makeup is outdated and aging
[ ] Hair is thinning
[ ] Compulsive over thinking
[ ] Always forget to take vitamins
[ ] Unsolicited marketing calls
[ ] Rust stains in sink
[ ] Not feeling very motivated
[ ] High cable bill

[ ] Criticism from significant other
[ ] My hair salon keeps raising prices
[ ] Spouse lacks initiative
[ ] Not getting enough sleep
[ ] Friends who never show up on time
[ ] Fear of failure holding me back
[ ] Carpets need to be cleaned
[ ] Stains on couch upholstery
[ ] Not having a best friend
[ ] Getting migraines
[ ] Not doing what I'm meant to be doing
[ ] Co-worker who talks over me
[ ] Taking care of elderly parents
[ ] Not having time to read books
[ ] Losing touch with old friends
[ ] Having to manually feed fax machine
[ ] Disappointed about past choices
[ ] Squabbles among my children
[ ] Being addicted to sugar
[ ] Tension at family reunions
[ ] Over promising at work
[ ] Loud talkers in local cafe
[ ] Owing money
[ ] Moody teenage children
[ ] High cost of parking
[ ] Fighting with spouse about money
[ ] Dog scratches on doors
[ ] Being disorganized
[ ] Unmade beds
[ ] Pictures not hung
[ ]Spouse needs to be right all the time
[ ] Hot, humid summers

[ ] Financial worries
[ ] Dusty bric-a-brac on every shelf
[ ] Out of breath after flight of stairs
[ ] Watch band is loose
[ ] Poor handwriting
[ ] Spouse never acknowledges what I do
[ ] Missing deadlines at work
[ ] Difficult to take time for myself
[ ] Endless house renovation project
[ ] Merchandise I just bought goes on sale
[ ] Need to compile emergency numbers
[ ] Inconsistent income
[ ] Failing to write in my journal
[ ] Biting fingernails
[ ] Spare key is missing
[ ] Not flossing daily
[ ] Neglecting my morning routine
[ ] Long meetings
[ ] Favorite necklace has broken clasp
[ ] Lack of meaningful friendships
[ ] Work in depressing office building
[ ] Taking things personally
[ ] Only one who plans get-togethers
[ ] Mismatched furniture
[ ] Having to take medication
[ ] Clothes are not stylish
[ ] Always misplacing keys
[ ] Working too many hours
[ ] Make plans but never get started
[ ] Overspending
[ ] Mold in grout
[ ] High cost of printer ink
[ ] Children rarely come home
[ ] Afraid to ask for referrals from clients
[ ] Telephone solicitors don't accept "no"
[ ] Emotionally unavailable people
[ ] "Good" dishes never used
[ ] Trouble making decisions
[ ] Computer fan makes a lot of noise
[ ] Having to defend being vegetarian
[ ] Too many social obligations
[ ] Scheduling every minute of the day
[ ] Never eating at the dining room table
[ ] Incontinence
[ ] Drivers on cell phones
[ ] Being overly influenced by others
[ ] Unemployed son sleeps until noon
[ ] Scratches on car exterior
[ ] Can't wear business casual at work
[ ] Inundated with credit card offers
[ ] Eating lunch at my desk
[ ] Best friend moved to another state
[ ] Unsure how to go about job search
[ ] Snowy, cold winters
[ ] Being overly sensitive
[ ] Not enough time to pursue hobbies
[ ] Favorite takeout place out of business
[ ] Boss fails to give useful feedback
[ ] Confusion about college savings plan
[ ] Not feeling supported
[ ] Junk mail
[ ] Favorite shoes need to be re-heeled
[ ] Boss has no idea what I contribute
[ ] Vehicle with high mileage

[ ] Spouse's snoring keeps me awake
[ ] Receiving emails didn't sign up for
[ ] Not having a will
[ ] Spending a fortune to fill up gas tank
[ ] Overwhelmed with all there is to do
[ ] Trouble hearing cell phone ring
[ ] Adult acne
[ ] Wishing I had a pet
[ ] Too much overhead to support
[ ] Not backing up computer
[ ] Low water pressure
[ ] Having a double chin
[ ] Chip in car windshield
[ ] Airlines charging for checked baggage
[ ] Too many back-to-back meetings
[ ] Poor lighting
[ ] Never traveling for pleasure
[ ] House needs redecorating
[ ] Eating too much junk food
[ ] Cell phone doesn't hold its charge
[ ] Appointments on multiple calendars
[ ] Poor quality sunglasses
[ ] No system for jotting down ideas
[ ] Not knowing how to cook
[ ] Failed again to quit smoking
[ ] Clutter piles on desk
[ ] Unsolicited credit card increases
[ ] Poor relationship with parents
[ ] Not being able to read small print
[ ] Not having self-confidence
[ ] Family fails to fill the gas tank
[ ] Comparing myself to others
[ ] Volume too loud on the TV
[ ] Printer always jams
[ ] Work is stressful
[ ] Mistakes on credit card statements
[ ] Cursing
[ ] Water stains on wood table
[ ] Repetitive nature of my job
[ ] Not feeling heard by my spouse
[ ] Kitchen floor needs new tile
[ ] Friend takes days to return my calls
[ ] Old computer takes up too much space
[ ] Address book is not updated
[ ] Home Wi-Fi is slow
[ ] Spouse always complaining about work
[ ] Not getting enough hugs
[ ] Losing my glasses at least once a day
[ ] Software I don't know how to use
[ ] Difficult to get kids up in the morning
[ ] Always multi-tasking
[ ] Working in a gray cubicle
[ ] Not having 6 months' financial reserve
[ ] Loving myself less than I should
[ ] Taking shoes off at airport security
[ ] Disagreements with spouse
[ ] ATM fees
[ ] Out of control kids in public
[ ] Need to set up online bill payment
[ ] Having too many expectations
[ ] Dogs getting on the furniture
[ ] Being easily annoyed
[ ] Teeth are sensitive to hot and cold
[ ] People who borrow and don't return

[ ] Needing a wardrobe makeover
[ ] Having too much on my plate
[ ] Dry, dull skin
[ ] Being needy for affection
[ ] Spouse watches too much TV
[ ] Unused software needs uninstalled
[ ] People perceive me as aloof
[ ] High cost of auto insurance
[ ] Employee always arrives to work late
[ ] Being charged for online news
[ ] Waiting last minute to buy gifts
[ ] Phone interruptions when working
[ ] Not really sure what my strengths are
[ ] House exterior needs repainted
[ ] Envious of friend's success
[ ] Bingeing on food
[ ] Spouse is out of work
[ ] Want to take a class but never do
[ ] Poor processes and procedures
[ ] Not having dreams for my life
[ ] Kids only want to play video games
[ ] Excessive sweating
[ ] Clients always asking for discounts
[ ] Worrying what others think of me
[ ] Washing machine stops mid-cycle
[ ] Resume is out of date
[ ] Always throwing away leftovers
[ ] Not sticking to my eating plan
[ ] Limited upward mobility at work
[ ] Failing to regularly schedule haircuts
[ ] Clients cancel meetings last minute
[ ] An overflowing inbox
[ ] Smokers congregate outside workplace
[ ] Office space is freezing in winter
[ ] Therapist talks during massage
[ ] Going gray
[ ] Clothes that need to be ironed
[ ] Anxiety cold calling for new clients
[ ] Spouse overspends
[ ] Outdated computer
[ ] Need to sew button on favorite shirt
[ ] Hair stylist doesn't listen to what I want
[ ] Credit card raised APR
[ ] Appliances are in poor condition
[ ] Sticky notes all over my computer
[ ] Overstuffed purse
[ ] Negative self-talk
[ ] Having cellulite
[ ] Different sleep schedule than spouse
[ ] Bad picture on my driver's license
[ ] Technology changes too rapidly
[ ] Partner doesn't want to have kids
[ ] Not being able to work part-time
[ ] Having more books than bookshelves
[ ] Distant relationship with spouse
[ ] Behind on my expense reports
[ ] Untidy entrance to home
[ ] Paying too much rent for my office
[ ] Not being as compassionate as I'd like
[ ] Having to get up before the sun rises
[ ] Dog won't come when called
[ ] Being a control freak
[ ] Waiting for car to warm up in winter
[ ] Not fully understanding my investments

[ ] Flabby stomach
[ ] Difficult relationship with in-laws
[ ] Barely know my next door neighbors
[ ] Too much time on social media
[ ] Not having children
[ ] Loss of intimacy with spouse
[ ] Friend doesn't reciprocate invitations
[ ] Doing things out of obligation
[ ] Basement floods
[ ] Spouse has temper tantrums
[ ] Not enough time in my garden
[ ] Losing muscle tone
[ ] Friend sends jokes to my work email
[ ] Dried up pens and markers
[ ] Being a poor listener
[ ] Having to be the responsible one
[ ] Spouse is too frugal
[ ] Overstuffed coat closet
[ ] Making reservations and still waiting
[ ] Giving up when things get difficult
[ ] Expensive to replace water filter
[ ] Being exhausted all the time
[ ] Toilet seat left up
[ ] Passive-aggressive behavior
[ ] Many of my clothes are too tight
[ ] Having lost touch with my creativity
[ ] Inconsistently marketing my business
[ ] Included in irrelevant group emails
[ ] Undergarments are frayed
[ ] Speed dial buttons not programmed
[ ] Messy, cluttered garage
[ ] Impossible workload from downsizing
[ ] Feeling it's too late to change
[ ] Brakes make squeaking noise
[ ] Photographs need to be put in albums
[ ] Insomnia
[ ] Feeling rushed all the time
[ ] Cat hair all over the furniture
[ ] Failing to finish my degree
[ ] Unresolved dispute with coworker
[ ] Refrigerator needs to be cleaned
[ ] Scuffed shoes
[ ] Making doctor appointments for family
[ ] Wearing control top panty hose
[ ] Lack of sunlight
[ ] Need to upgrade software
[ ] Feeling unlucky
[ ] Clipping coupons I don't use
[ ] Focusing on weaknesses
[ ] Volunteer, then resent commitment
[ ] Seeing kids only every other weekend
[ ] Not being able to find a partner
[ ] Trying to sell items rather than donate
[ ] Long-winded voicemail messages
[ ] Feuding family members
[ ] My computer skills are lacking
[ ] Procrastinating on work projects
_____
_____
_____
_____
_____
_____
_____

YOU'VE FINISHED THE ASSESSMENT.

congratulations

It's time to add up how many tolerations you marked and write your number below. Be sure to include any tolerations you added in your overall tally.

My number of tolerations: