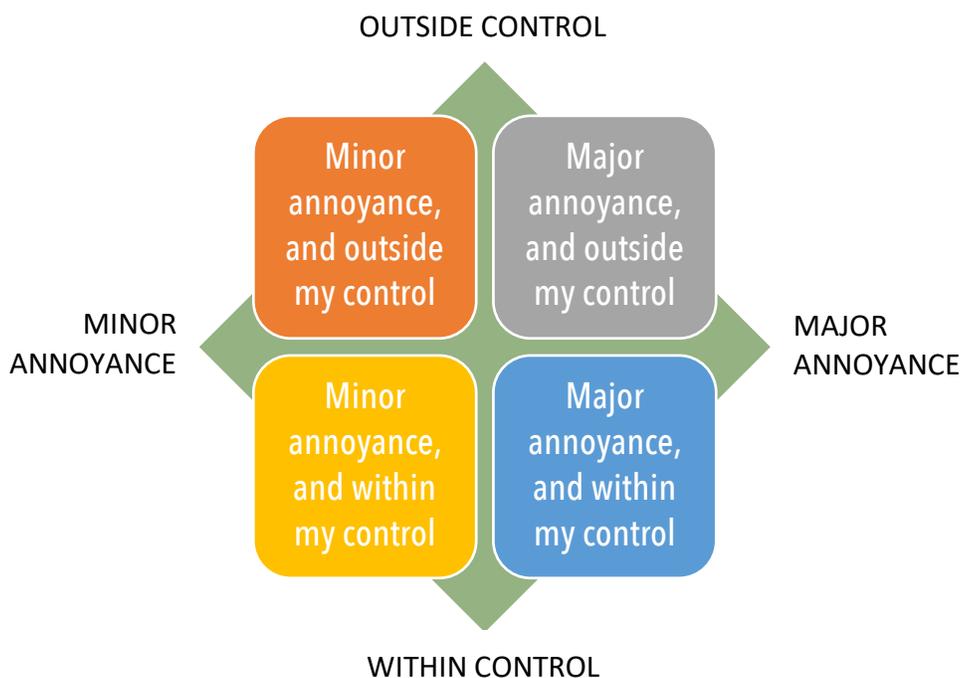


Dealing with Tolerations

toler•a•tion | *noun* | an unnecessary irritation, large or small, that causes you to feel tired or drained. Tolerations can be experienced at home, within ministries, at church, in relationships and elsewhere. Tolerations may feel like burdens that are endured and that waste time. Tolerations can include people and/or things.

A toleration is something we endure even though it eats up time, money, and/or mental space. But tolerations can be reduced and even eliminated. Hooray!

In coaching, we support client success by helping them identify and reduce tolerations. When dealing with tolerations, it's helpful to know they come in four types, based on the severity of the irritation and the extent to which the toleration is in the client's control to be eliminated. Once you know what type of toleration you're experiencing, you can develop a strategy for dealing with it.



Type	Examples	Strategies
MINOR/OUTSIDE	The indicator on the steering column of your minivan doesn't light up when you put the van in Drive, and replacing that little light will cost \$1,500!	Be willing to accept and move on. Knowing the high cost of dealing with the issue can make it much more tolerable.
MAJOR/OUTSIDE	The current climate of political discourse is driving you crazy. Your neighbor lets his dog go potty in your yard.	Look for ways to minimize or even avoid your exposure. Enlist the help of others in dealing with the issue.
MINOR/WITHIN	Your printer is constantly out of ink. Your extroverted spouse is excessively talkative first thing in the morning before your first cup of coffee.	Speak up and make requests of others. Deal with things on your own, if necessary. Remove one toleration, then another, then another!
MAJOR/WITHIN	Your eyeglasses prescription is way out of date or your lenses are badly scratched. Your energy is really low, especially in the afternoons.	Make the investment necessary to deal with the annoyance, knowing it's worth it. Be sure to celebrate!