



TOLERATIONS WORKSHEET

List out all of the tolerations you can think of in your home and work life. Circle the ones that cause you the most stress. Put a star beside three to five that you want to work on in the week ahead.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____