

The YES/NO Book

Toleration Exercise

Make a list of the things you still put up with at home, among your friends, and at work.

For each one, what are the consequences for you of continuing to put up with them?

... And what would be the consequences of deciding to not put up with them any more
– as long as you did it in a respectful way?

What do I put up with?	The consequences if I continue to put up with it	The consequences of deciding to not put up with it any more
1		
2		
3		
4		
5		

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What do I put up with?	The consequences if I continue to put up with it	The consequences of deciding to not put up with it any more
6		
7		
8		
9		
10		
11		
12		

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Super NO

There is a trade-off. Highlight those items for which the balance says ***“No more!”***

For each of these, write down the actions you need to take or the conversations you need to have, to break the cycle of tolerance. For some, you may need to invest some time and even some money, to free yourself of the inconvenience. It will be worth it.

<i>No more!</i> What I will no longer put up with	Actions to take, Conversations to have, Resources to marshal.

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No more! What I will no longer put up with	Actions to take, Conversations to have, Resources to marshal.