

 **20 WAYS TO ELIMINATE YOUR TOLERATIONS**

David Roddis, CAC, and the author of *Drama Clean*, offers 20 ways to reduce or eliminate tolerations. Choose no more than three techniques to create more space and perspective in your life.

**1. Say, “I will get back to you.”**

If you are used to saying yes all the time, pause first. Think through the implications.

**2. Say, “No, I cannot do that.”**

If you are chronically nice, the opposite is not being nasty—it is just being honest and authentic.

**3. Say, “Stop doing that.”**

Are you saving up your tolerations for a rainy day? Just ask them to stop.

**4. Speak up so people can hear you.**

Take a deep breath and speak from your gut.

**5. Speak directly.**

Forget the “*I wonder if you would mind...*” They will survive if you tell them directly.

**6. Ask for what you want.**

“*Here is how I like my reports done.*” Complaining after the fact wastes your energy and hijacks your best.

**7. Do something you have never done.**

Flex your courage a bit and risk having some fun.

**8. Quietly leave the room.**

If you need to cover that, just say, “*I am going to take a break. See you in five.*”

**9. Retreat.**

Go to a peaceful spot. Sit, think and breathe. Feel how no one can touch the core of you.

**10. Retreat.**

Go to a chaotic spot. Sit, think, and breathe silently and calmly. Feel a pleasurable yet alert separateness.

**11. Laugh at yourself.**

Try it with the one thing in your life that you are most serious about right now.

**12. Be clear about arrangements.**

Assumptions create confusion. Say, “*We will split the bill this time*” or “*I charge for all missed appointments.*”

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**13. Instead of yelling back, say nothing.**

Not even, *“Gee, thanks for the feedback.”*

**14. Let them be.**

Observe the person who bugs you the most. See how they interact with others. Even though you cannot stand them, they are someone else’s favorite person. Learn to live with that.

**15. Cross the street.**

Choose another route. Some things are not worth engaging with—it is the way it is. Find something more compelling to do than complain about minor irritations.

**16. Set an example.**

Be an example of what you expect from others. Maybe you are great on how to be on time or follow the rules. Now, be an example for compassion, empathy or forgiveness.

**17. Take care of you.**

What is the state of your eating, your sleeping, your recreation, your mind and your environment?

**18. Send it back.**

Why are you tolerating bad service, or the peer that will not listen? State the facts. Ask for what you want.

**19. Let people earn your intimacy.**

Step back. Know who you are getting involved with, whether potential friend or potential partner.

**20. Stand up for your principles.**

Counter double standards and double-speak. Say, *“That is unacceptable.”*

David Roddis, CAC is the author of *Drama Clean: Eight First Steps to 100% Drama Clean Relationships*.  
If you want your life to reflect the authentic self-confidence of someone with well-defined boundaries, visit [www.DramaClean.com](http://www.DramaClean.com).