



## What Are You Tolerating?

*Someone once asked me this question and it completely changed my life.*

**For years, I didn't even know I was tolerating anything. I thought the exhaustion, the tension, the constant feeling of drowning—I thought that was just life. Just what being an adult looked like.**

**I was wrong.**

**Little by little, I'd been pushed into accepting more and more—more criticism, more disrespect, more demands, more pain—until there was nothing left of me.**

**This worksheet is designed to help you see what you might be tolerating that's slowly eroding who you are. Some answers will be obvious. Others will surprise you. *All of them matter.***

**How to use this worksheet:**

- Find a quiet space where you can be honest
- Don't censor yourself—write what's true, even if it's uncomfortable
- There are no right or wrong answers
- This is for YOU—no one else needs to see it

**Let's begin.**

## SECTION 1: RELATIONSHIPS

*Think about the people closest to you—family, partner, friends. Answer honestly:*

**Who in your life makes you feel small or worthless?**

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**Who do you dread hearing from? (Calls, texts, visits)**

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**What behaviors do you accept from others that you would never accept from a stranger?**

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**Who do you make excuses for? ("That's just how they are...")**

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**What do you tolerate to "keep the peace"?**

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**If you could set one boundary with someone tomorrow, what would it be?**

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## SECTION 2: HOME ENVIRONMENT

*Your home should be your safe space. Is it?*

- Do you feel comfortable and safe in your own home?**

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- Who comes into your home and makes you feel disrespected or on edge?**

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- What happens in your home that you wish would stop?**

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- Do you have any say in what happens in your own space?**

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- What would your home feel like if you could set the rules?**

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### SECTION 3: YOUR BODY

*Your body keeps score. What is it trying to tell you?*

**What physical symptoms show up regularly? (Tension, headaches, exhaustion, pain, etc.)**

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**When do these symptoms get worse? (Around certain people? Certain situations?)**

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**What pain or discomfort have you accepted as "just normal"?**

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**When was the last time you actually felt rested?**

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**What would it feel like to wake up without tension in your body?**

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**SECTION 4: YOUR TIME & ENERGY**

*Time and energy are finite. Where are yours going?*

**Who gets the best of your time and energy? Who gets what's left?**

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**What are you saying "yes" to that's draining you?**

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**Is your job (or your partner's job) draining the life out of your family?**

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**Are you staying in a work situation that's killing you because you don't see another option?**

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**What do you actually want to spend your time doing?**

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**If you could say "no" to one thing and free up time, what would it be?**

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## **SECTION 5: YOUR VOICE**

*What are you not saying? What are you holding back?*

**What truth have you been avoiding saying out loud?**

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**Who can't you be honest with?**

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**What do you rehearse saying in your head but never actually say?**

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**What would you say if you knew there would be no consequences?**

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**When was the last time you actually said what you really think?**

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**What are you pretending is okay when it's not?**

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## THE REALITY CHECK

*Now look back at what you wrote. Let's connect the dots.*

### 1. What patterns do you see?

*(Are the same people showing up? The same situations? The same feelings?)*

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### 2. What surprised you most about your answers?

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### 3. If you had to pick ONE thing you're tolerating that's doing the most damage, what would it be?

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**4. On a scale of 1-10, how much longer can you keep tolerating this?**

*(Be honest. Your body already knows the answer.)*

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**5. What would change if you stopped tolerating just ONE of these things?**

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## WHAT NOW?

Here's the truth: **Seeing what you're tolerating is the first step. But knowing and changing are two different things.**

**I spent years knowing I was tolerating things that were killing me. But I didn't know how to stop. I didn't know how to set boundaries without blowing up my life. I didn't know how to rebuild after breaking.**

### Your Next Step:

**Pick ONE thing from this worksheet—just one—and decide you won't tolerate it anymore. Not forever. *Just today.* See what happens when you say no. When you set a boundary. When you choose yourself.**

**It won't be easy. It might blow up. But I promise you—*it's worth it.***

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[www.unstoppableaprilnicole.com](http://www.unstoppableaprilnicole.com)