



Professional Certified Coach

## ENERGY ... WANT MORE? *Eliminate What You Tolerate! (Part Two)*

Experience an immediate increase in energy by eliminating everything you tolerate. Tolerations come in three major categories... Those related to:

- Your environment
- Other people's behavior
- Your own behavior

### **TOLERATIONS RELATED TO OTHER PEOPLE'S BEHAVIOR**

Surely you've noticed the energy drain that occurs with some relationships or some interactions! Who do you know that is consistently late for appointments, does not return phone calls or things belonging to you, engages in non-stop negative talk, gossip, or who does not converse with you in a respectful way, etc? Stop putting up with it and you can experience an instant energy boost. Here's how:

**Ask for what you want!** A simple way of asking ... "*Would you be willing to support me by \_\_\_\_.*" **Example:** "*Would you be willing to support me by being on time for our appointments.*" You must ask in a respectful and pleasant way that honors both of you and avoids blame.

**Set your boundaries!** Boundaries are the lines that we draw between ourselves and another person when we are unwilling to put up with a certain behavior. Ask for what you want and state the consequences if the boundary is crossed. **Example:** "*Would you be willing to support me by being on time for our appointments, or to call in advance if you are going to be late. I will be willing to wait for five minutes past our appointed time.*"

The next time the boundary is crossed wait five minutes (not six) and then leave. In a respectful way set the boundary again.

**Stop contributing to the problem!** In a relationship there are always two contributing parties. While you do not have control over the other person, you do have control over yourself. Discover what you contribute to the recurring problem and then change that! Ask yourself, "*How do I add to or make worse the situation?*" "*What do I do ... or what do I fail to do that keeps this going?*"

**End dysfunctional relationships!** Sometimes we have been in relationships so long that we don't think about getting out. This applies to all types of relationships. Search your heart for what best serves you. You don't have to know how you are going to end the relationship ... you can find a way to do that! First, you must decide.

(Chris Lucerne is a Professional Certified Coach. She specializes in two areas: Supporting clients to *Build Relationships that Matter*, and to *Go Beyond Loss and Embrace Life*. [www.ChrisLucerne.com](http://www.ChrisLucerne.com))