

FROM TOLERANCE TO TRUE ACCEPTANCE

WHEN SOMEONE'S BEHAVIOR BOTHERS YOU

Signs of False Acceptance

- Saying “It’s fine” while still feeling irritated or resentful
- Passive-aggressiveness or avoidance
- Internal frustration despite outward tolerance

How to Shift From False to True Acceptance

1. Identify the Root of Your Irritation

- Is it harmful or just annoying?
- Is it triggering something in you?
- Are you holding them to your personal standards?

2. Shift From Judgement to Curiosity

- What’s driving their behavior?
- Could you be misunderstanding their intent?
- Are they even aware this bothers you?

3. Decide if it’s Worth Addressing

- Will this matter a month from now?
- Would addressing it improve or strain the relationship?

4. Reframe & Adjust Your Expectations

- This is who they are. How do I want to engage with that?
- Accept that others have different standards—and that’s okay.

5. Set Boundaries if Needed

- Communicate directly and calmly.
- Adjust your time or exposure if necessary.

6. Let it Go

- Focus on what you can control—your response.
- Ask: Is this worth my energy?

Final Thought

True acceptance is not about agreeing with the behavior—it’s about freeing yourself from frustration and finding peace.