

## Tolerate, Accept, Celebrate?

In relationships, we are committed to getting along with someone who is different from us in many, many ways.

For this activity, start by listing 5-10 things you can think of that are different between you, and write each them from your own side.

Examples: I like Thai food, I'm very outgoing, I hate cold weather, I don't believe in spanking, I'm very conservative with money, etc.

Then write the other person's attribute on the next line: He hates Thai food, he prefers to be alone, he loves living in Canada, he's wishy-washy on discipline, he's a "spender," etc.

Don't worry about getting every single difference down; this is just to begin practicing with!

Step 3 is to mark each item with T/A/C.

Tolerate: recognizing the existence of their difference without interference; enduring or allowing the difference

Accept: being open to receive their difference without judgment; supporting the other person in their difference

Celebrate: honoring their difference as part of the uniqueness you love about them; admiring and encouraging their difference

Finally, indicate whether you think the difference is one that can "move up" or not, with a double circle or an arrow, like this:

I like Thai food.	He hates Thai food.	T <span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">A</span> C
I'm very outgoing.	He prefers to be alone.	T <span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">A</span> → C
I hate cold weather.	He loves living in Canada.	<span style="border: 1px solid black; border-radius: 50%; padding: 2px 5px;">T</span> → A    C

My Name \_\_\_\_\_ Their Name \_\_\_\_\_

**Differences**

_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C
_____	_____	T	A	C