



*Today's Suggested  
Topic is...*

**Tolerance  
and the  
Intolerable**

“Love and tolerance  
of others is our code.

~Big Book, pg 84



## WHAT IS TOLERANCE?

*Are tolerant  
people more happy,  
or are happy people  
more tolerant?*





# TOLERANCE

## DEFINITION

Tolerance is the acceptance and understanding of differences, whether they be in beliefs, opinions, practices, or identities. It's an open-mindedness that refrains from prejudice and judgment, valuing the diverse tapestry of humanity. Tolerance does not necessarily mean agreement with varied perspectives but respects the right of others to hold them.

## EXAMPLES

- **Diverse Workplaces:**  
Encouraging a variety of cultural, ethnic, and gender perspectives in the workplace, fostering inclusivity and innovation.
- **Respecting Lifestyle Choices:**  
Understanding and accepting people's decisions about personal matters like diet, clothing, or relationships, even if they differ from one's own.



Real tolerance means  
respecting other people even  
when they baffle you and you  
have no idea why they think  
what they think.



G. WILLOW WILSON

**“I THINK TOLERANCE AND ACCEPTANCE AND  
LOVE IS SOMETHING THAT FEEDS EVERY  
COMMUNITY.”**

**LADY GAGA**



Practice forgiveness,  
love, and tolerance today—  
so when it's difficult,  
you will have some experience.

Lisa Villa Prosen



"In the practice of tolerance, one's enemy is the best teacher."



Dalai Lama



peace

begins with

tolerance

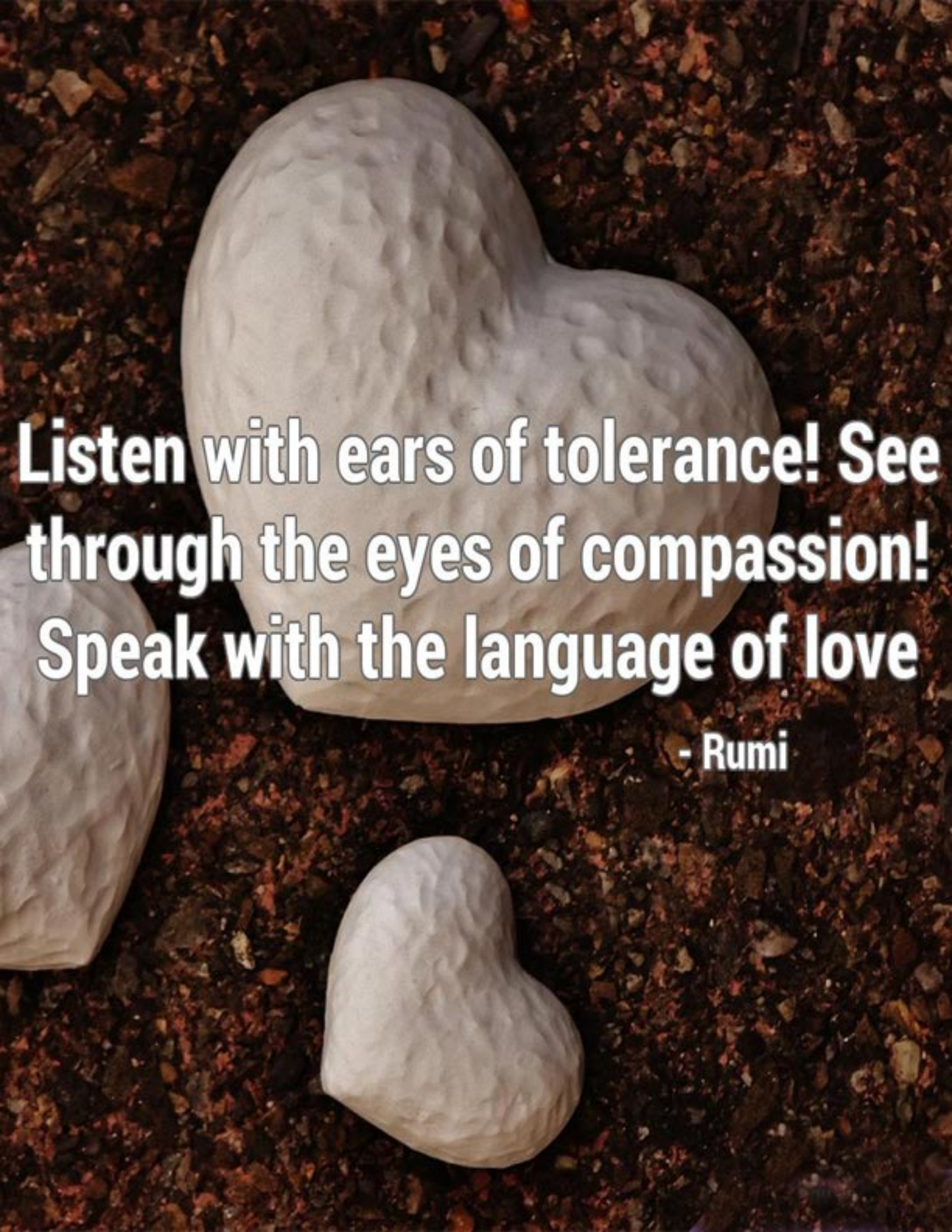
and

respect

for everyone

The ANSWER to  
VIOLENCE should  
NEVER BE  
MORE VIOLENCE.  
WE NEED LOVE  
and TOLERANCE  
MORE than  
EVER.



The image features three light-colored, heart-shaped stones resting on a dark, granular surface. The stones have a rough, textured appearance. One large heart-shaped stone is positioned in the upper center, with a smaller one to its left and another smaller one below it. The background is a dark, textured surface composed of small, dark brown and black particles.

**Listen with ears of tolerance! See  
through the eyes of compassion!  
Speak with the language of love**

**- Rumi**



*Unconditional love*

**DOES NOT MEAN  
UNCONDITIONAL TOLERANCE.**

*Unlearn that.*

**Be careful what  
you tolerate. You are  
teaching people how  
to treat you.**



Tolerance always has limits - it cannot tolerate  
what is itself actively intolerant.

(Sidney Hook)



*“It’s entirely possible  
to **accept** something while  
choosing not to **tolerate** it.”*

WHILE WE MUST  
PRACTICE TOLERANCE  
AND RESPECT FOR  
OTHERS AND THEIR  
BELIEFS,  
INCLUDING THEIR RIGHT  
TO EXPLAIN AND  
ADVOCATE THEIR  
POSITIONS,  
WE ARE NOT REQUIRED  
TO RESPECT AND  
TOLERATE WRONG  
BEHAVIOR.

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Tolerance  
becomes a crime  
when applied  
to evil.

- Thomas Mann

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# TOLERANCE VERSUS ACCEPTANCE

## TOLERANCE

Tolerance is an individual's willingness to tolerate the existence of opinions or behaviour he dislikes or disagrees with

A kind of passive resignation

We might tolerate a person we dislike

We tolerate something we want to change but don't have the power to change

## ACCEPTANCE

Acceptance is an individual's assent to the reality of a situation, recognizing a process or condition (usually a negative or unpleasant one) without protesting it or trying to changing it

Goes beyond tolerance

When we accept someone, we actively try to get rid of the dislike

In acceptance, we embrace things and show no resistance



**Tolerance** is  
the oil which takes  
the friction  
out of life