

## **FRUSTRATION**

**Before we ask why we want to reduce our frustration, let's ask why we want to keep it:**

- 1) Justifiable frustration - "I deserve to feel this way because...." Or "This person deserves to feel my frustration..."**
- 2) Righteous frustration – Frustration as fuel to fight important battles**

**Why we might want to soften or reduce frustration:**

- 1) Frustration leads to impatience, harshness, discomfort, lack of right speech**
- 2) Frustration is self-indulgent**
- 3) Frustration is not strategic – reduces problem-solving abilities**

**What is the source of frustration:**

- 1) Lack of control – a) of others b) of the system c) of self**
- 2) Fuel frustration with the stories we tell**

**Strategies for change:**

- 1) Breath – breathing in/breathing out**
- 2) Adopt other's perspective**
- 3) Tell a different story**
- 4) Look for what is useful or interesting about the situation – what can you learn**