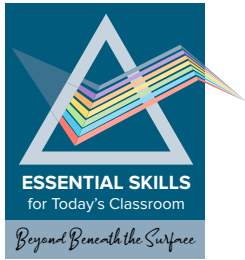




# FRUSTRATION



**Behaviour** + **Urge**

- Quitting
- Ripping up work
- Refusing to try
- Refusing to continue
- Whining

- To quit, give up, or procrastinate

**1**

**Function** → **I Need**

**Frustration tells me...**

- My goals are being blocked
- I am not getting something I really want
- I have to do things that are difficult, or boring
- I have strong values and beliefs
- I want to succeed, but need help getting there

- To find a way to persist despite my frustration, even with tasks that are boring or difficult
- To accept the situation at hand, that everyone has to do things that are less interesting or difficult sometimes
- To actively self-soothe and take breaks as needed, and then return to the task at hand
- To seek help to keep going

**3**

**Body Sensation & Examples**

- Heart beating fast
- Hot - Cold
- Warm face
- Ready to explode
- Heavy
- Relaxed
- Calm
- Balanced
- Strong
- Full of energy
- Light
- Pressured
- Rough

Where do you feel it in your body?

**2**

**Try this!**

Frustration is a normal part of the learning process! Try having a mantra close by for when it pops up and makes you want to quit.

*Mirror mirror on the wall, I'll always get up when I fall!*  
*Whether I walk, run or crawl, I'll set my goals and achieve them all!*

**4**

**Questions to Reflect**

- When do I feel the most frustrated?
- What does the frustration tell me to do?
- Where do I feel it in my body?
- My feeling makes sense because...
- What do I need to feel better?
- How can I handle this next time?

**5**

**References & Future Reading**

Gottman, J. M., Declaire, J., & Goleman, D. (2015). *Raising an emotionally intelligent child*. Simon & Schuster Paperbacks.

<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>

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