

OVERCOMING FRUSTRATION!

Our frustration is greater when we have much and want more

Than when we have nothing and want some.

*We are less dissatisfied when we lack many things
than when we seem to lack but one thing...Eric Hoffer*

WHAT TO KNOW!

- ❖ Frustration is a very common emotional response when we can't get what we want or when things don't go the way we want them to; when we get blocked
- ❖ The more important we perceive the blocked goal, the greater the frustration
- ❖ Internal causes of frustration include not achieving personal goals, wants, and needs
- ❖ External causes of frustration include being blocked by something outside the person like a traffic jam, having to wait on line, etc.
- ❖ The ability to manage frustration is directly linked to being positive and happy
- ❖ The most common responses to frustration are anger, giving up, a loss of self-confidence, and depression
- ❖ Frustration can be positive when it motivates a person to achieve or change; frustration can be negative when it results in anger, irritability, stress, and depression
- ❖ One of the greatest sources of frustration is the feeling of wasting time such as being stuck in traffic, waiting on line, being put on hold, etc.
- ❖ Another great source of frustration is a sense of powerlessness when you think things need to change and you are unable to do anything about it
- ❖ Frustration often leads directly to aggression as when a person gets angry, they may act out against the cause of their frustration, i.e. hitting the copier when it doesn't work
- ❖ Frustration can accumulate based on the preceding events; several frustrating situations, one after the other, can lead a person to aggressively act out
- ❖ Frustration can be decreased by giving up a goal or quitting but it leads to a loss of self-confidence; by quitting, one doesn't develop the confidence or trust in one's own abilities
- ❖ Prolonged frustration leads to stress and depression which not only can cause fatigue, anxiety, headaches, etc. but also pessimism and hopelessness
- ❖ Emotional reactions of anger and anxiety inhibits one's ability to decrease frustration and may become a bigger problem than the frustrating situation itself
- ❖ Other reactions to frustration include alcohol and drug abuse, weight gain and eating problems, and addictive behaviors such as gambling, videogame playing, etc.
- ❖ Since life is full of frustration, one can never truly eliminate it but one can develop skills and strategies to minimize it and not engage in self-destructive behaviors

WHAT TO DO!

- ❖ Do not take frustration personally and accept that it is a way of life
- ❖ Realize that you may not be able to change the frustrating situation but you can change how you react to it
- ❖ Practice deep breathing, relaxation, and mindfulness exercises to calm down
- ❖ Change your thinking and lower your expectations for the situation
- ❖ Compromise on your goals or break them down into smaller or partial goals
- ❖ Consider getting professional help if your level of frustration does not decrease, you engage in aggressive behaviors when frustrated, or your frustration affects your relationships and other areas of your life

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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