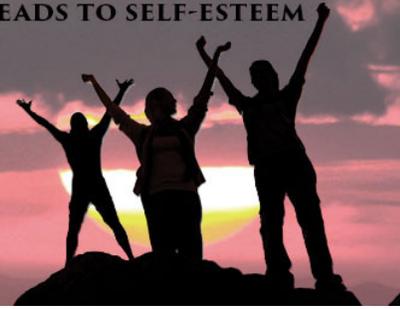


FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module Four – Worksheet 4

Frustration

“Lord grant me the serenity to accept the things I cannot change,
the power to change the things I can,
and the wisdom to know the difference.”
Alcoholics Anonymous Serenity Prayer

At some point in your life you have probably felt frustrated about something. Frustration is often what you experience when you feel powerless and out of control. It may be a situation where you have to wait for others to make decisions or take action, a situation over which you really have no control, or one where you are trying to influence people or things, and it's not working as you planned.

Whatever the situation, frustration is a signal to you that you are feeling a loss of personal power. It's an indicator that you are feeling blocked in some way and are not in control of what's happening to you or others. This can often alter your self-confidence, and create feelings of anger and fear.

In situations where you have (or think you have) responsibility but no authority, you will always feel frustrated. In any situation where you feel frustrated, you have several choices:

- 1) **Take action** on your own (if you have the authority to do it) and modify the situation in some way.
- 2) **Change your perception** of the situation so you no longer feel the need to control it.
- 3) **Let go of your need for control** if it's a situation over which you have no power or you simply decide it's not worth putting energy into.

Exercise: Frustration

In the space below, identify the major frustrations in your life. Then decide whether they are worth putting energy into changing. If so, write a plan and realistic goals for dealing with each frustration. Be sure to note whether you actually have the power and authority to make changes, or if you are trying to control someone or something else, over which you have no authority.

Major Frustrations:

Goals and Action Steps for Change:

If there is a situation that is not within your power to change (i.e. someone else is in control) or one that is not worth your time or energy, is it worth being frustrated about? Frustrating situations only drain your energy (both emotional and physical), confuse your thoughts and block you from being productive. If you have any of these in your life, list them below and LET THEM GO!

Frustrations Over Which I Have No Power, So Will Let Go:

Reflections on Frustration

- When you feel powerless or out of control you will probably feel frustrated.
- Frustration lets you know that something is not working like you wanted or planned.
- To relieve frustration, take action or let the situation go.

When you confront and overcome frustration your sense of personal power will increase.