**Frustration Model Worksheet**

We all get frustrated, and we all know what frustration is, but it can be difficult to properly explain it. In these worksheets we will learn to understand frustration better by using the frustration model. In doing so, we will also learn to understand ourselves better – including understanding our instinctive goals better as well.

Understanding our frustration helps us better understand what we care about. Frustration often leads to anger or feeling overwhelmed, so understanding it better also helps us better cope with it and make better decisions.

In order to be frustrated you need to have a goal that you are trying to accomplish. You may not always realize that the instinctive parts of you are pursuing that goal. Some goals may also matter more or less to you than you thought. If something makes it harder to reach the goal, you will naturally become frustrated.

Goal

Something gets in the way

Frustration

**Now, let’s use this model in some different scenarios:**

Mike played a game of Risk (a war game) with some friends. Mid-way through the game, several of the other players chose to work together to attack Mike’s units. As a result, Mike lost a lot of his countries and military units. Mike’s teeth clenched together and his hands stiffened up. He grabbed the board and flipped it, making it impossible to continue the game.

Do you think Mike got frustrated? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What was Mike’s goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What got in the way of that goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Espen is playing a game of Risk (a war game). About mid-way through the game he is doing really well. He controls almost half the countries and half the military units. Victory seems clear and he is starting to get a little bored with the game. All the other players then do something unexpected. They start working together to attack Espen’s units. As a result, Espen loses a lot of his countries and military units. Espen becomes more focus on the game again and enjoys himself more.

Did Espen get frustrated? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did Espen have the same goal as Mike? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If not, what goal might Espen have had?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal

Something gets in the way

Frustration

Pam has been nominated for an award. She did not want the nomination and tells everyone else (and herself) that she does not believe in awards. She thought that awards are silly and don’t matter. A few weeks later she heard that someone else won the award. She started thinking about how the other person did not deserve the award and had a hard time stopping. It made it hard to sleep at night. She also became more biting in how she talked to her husband.

Do you think Pam got frustrated? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did Pam care about – what was her goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What got in the way? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How can Pam use the frustration model here to learn something about herself? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jim was trying to impress the teacher to get his grades up and was trying to listen to the teacher. A couple of the other kids next to Jim kept whispering, so it was hard to focus on the teacher. Jim’s heart beat increasingly faster and his muscles tensed up. He eventually snapped at the kids to stop talking. The teacher heard Jim and sternly told him to quiet down. Jim started crying, flipped his desk, and ran out of the room.

What was Jim’s goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did his frustration interfere with that goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What was the obstacle? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Additional lessons looking back at the scenarios:**

Look at each scenario and circle signs inside each person that they were getting frustrated.

What are some things they could do to help their frustration?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sometimes when we get frustrated, it helps to identify our goal and then look at the situation different and try working toward a different goal. What is another goal some of these people could work toward that might make it less frustrating?