

FRUSTRATION TOLERANCE TRAINING

As a medical patient, you will find that many things that used to be done easily are now harder to do and that will increase your frustration. You can talk to yourself, though, to minimize your frustration and tolerate it much better.

SELF-TALK PRIOR TO FRUSTRATING ACTIVITY

I have to do something that may increase my frustration.
I will have to put up with it. I can live with an increase in frustration.
I have coped in other situations and I can here as well.
Having a chronic illness means more frustration in my daily life and that is the way it is. That comes with the territory of having my disease.
Accept the fact that my activities will be more difficult to perform.
Do not resent my body. This is who I am.

SELF-TALK DOING AN ACTIVITY

My body is not working the way I want it to.
I do not like not being how I used to be but I can stand things not going my way.
Self-monitor my frustration level while doing this activity.
There is difficulty doing this task but I can tolerate that.
I would prefer not having difficulty but that comes with having a chronic (or terminal) illness.
Having a chronic (or terminal) illness is not easy, but I can bear it.
Do not get upset. Stay relaxed. Take a few deep breaths.
Get my mind off the frustration. Watch myself behind an imaginary one-way mirror.
Do not make demands on my body that it cannot meet. That will only cause more frustration. Drop my standards for myself.
Think of times where I tolerated frustration during my illness. Become that way now.

SELF-TALK WHEN BECOMING FRUSTRATED

My frustration is rising. That has to be expected. Certain activities are more difficult to do because of my condition. Accept that fact.
What is my level of frustration now? Keep self-monitoring.
Frustration is part of my existence now. Allow for it. Make room for frustration. Let it into my existence.
Do not start hating the difficulties of performing tasks. That will only make them harder to tolerate.
Let the anger go. Stay calm. Get the tension out of the body.