

Dealing with the Feeling of Frustration - a practical method

Post by “Kalosyni” of March 8, 2023 at 10:34 AM

I created a flow chart to illustrate possible ways to deal with the feeling of frustration.

Wikipedia: "In psychology, **frustration** is a common emotional response to opposition [or unexpected obstacles to goal fulfillment], related to anger, annoyance, and disappointment. Frustration arises from the perceived resistance to the fulfillment of an individual's will or goal and is likely to increase when a will or goal is denied or blocked." ([Wikipedia article](#)).

Is the following chart helpful? Is there anything which should be added or changed?

For When You Are Feeling Frustrated:

I am noticing some tension and anxiety that is best described by the word "frustration"



