Lesson 11: Frustrations... We All Have Them!

Common sense tells us that it is not always possible to have (or to do) everything we want, when we want it. When our wants or needs are blocked by other people or things, we feel frustrated.

A frustrating experience can be a challenge that forces us to think creatively about how to solve a problem and become more capable people. If we do not deal with our frustrations constructively, we begin to feel angry and desperate, and we may do things that hurt ourselves and others.

Think about each situation. Then add other possible choices. What choices would you make?

FRUSTRATION 1

Frustration is not being able to go out with your best friend because you have to stay with your little sister.

SOME CHOICES I HAVE:

1. Scream until I get my way.

2. _____

3. _____

MY CHOICE: _____

FRUSTRATION 2

Frustration is not understanding the maths lesson the teacher is explaining.

SOME CHOICES I HAVE:

1. Ask the teacher for more help.

2. _____

3. _____

MY CHOICE: _____

YOUR CHALLENGES!

1. Select a frustrating experience that you recently had and work through it using a chart like those above. Think of the constructive behaviours you could use to deal with the frustration.
2. Are you presently handling your frustrations in a constructive way? Explain. If not, what can you do differently?

As a peacemaker I learned

_____

_____