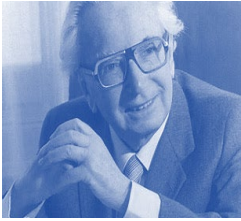


# New Ways of Thinking: Countering Frustration Intolerance



When a man finds that it is destiny to suffer - his unique opportunity lies in the way he bears his burden.  
Viktor Frankl.

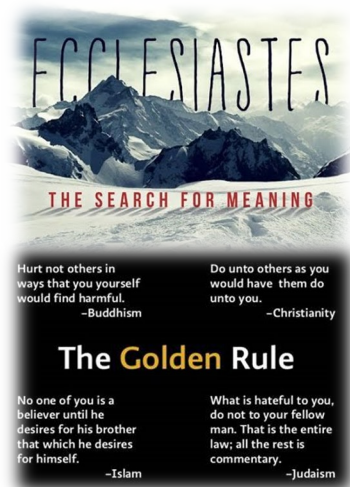
Life demands that you tolerate frustration because the obstructions of life never disappear. Viktor Frankl believes that when you find yourself in the most considerable distress. And you realize that by taking your unavoidable suffering upon yourself, you may yet realize values. Frankl further states for the possibility of realizing values by the very attitude with which you face your unchangeable suffering – exists to the very last moment of your life. He calls these

this possibility values “attitudinal values.” Frankl believes that facing your fate without flinching is the highest achievement that life grants you (1986, *The Doctor of the Soul*, page xix).

Making life meaningful involves developing a balanced way of thinking. To be open to discovering meaningfulness and having faith in yourself, you want to use non-extreme evaluations to make decisions about yourself or others. When you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempts to take your uniqueness away by stereotyping you, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.



## Principles of Expanding Your Uniqueness:



*Principle I: Ecclesiastic Principle:* There is a time and place to expand your uniqueness, and there is a time and place to restrict your originality. For example, if you are at a sad funeral, you wouldn't be jumping around and screaming about a beautiful time. This principle claims that you need to be careful and understand the social and emotional consequences of your actions before executing your plan to expand your uniqueness. Tolerating frustration helps you to decide to restrict or expand your uniqueness.

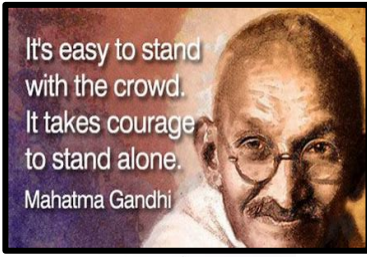
*Principle II: Reverse Golden Rule Principle:* You know the Gold Rule is doing to others what you would wish to have done to yourself. The Reverse Golden Rule is that when you attempt to take another person's sense of uniqueness away, you limit your sense of uniqueness. Tolerating frustration helps you cope with people with unreasonable and unlovable actions, interests, and values.

*Principle III: Categorical Principle:* Is placing objects into a “good category” or a “bad category” a good idea. *The Psychology of Being Unique* would say, NO! For example, if you are depressed, you are in a negative box with only negative qualities – such as feelings of helplessness, hopelessness, worthlessness. You are like those other people who can't get out of bed and lack the motivation to work hard and overeat or eat too little. You can see this when you place people in a "positive box." They are successful, happily married, have beautiful children, never feel sad, never abuse drugs or alcohol. You place famous and wealthy people in this "positive box," but as you know, movie stars are not always happy. When you think categorically, you have trouble seeing how similar or

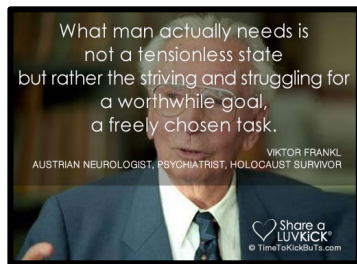
different two things are. Once in that category, you are in an inescapable, undeniable, and universal trap. Tolerating frustration helps you deal with other people putting you into these categorical boxes without getting yourself upset or letting other people to control your emotional life.



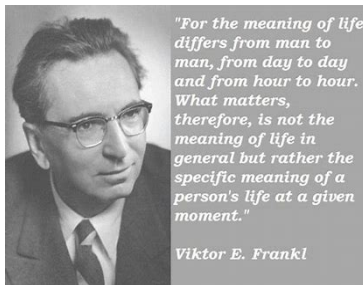
**Principle IV: Conscience Principle:** You want to develop your sense of conscience before expanding your uniqueness. Conscience is the consciousness of the moral goodness or blameworthiness of your conduct, intentions, and character together with a feeling of obligation to do right or be good. Frankl believes that conscience goes beyond the outside influences and the powerful. Conscience contains a personal voice, faint and prone to error, which can advise you to take a stand beside the dictates of the superego or cultural mores. Expanding your uniqueness is having the capacity to hear the voice of your conscience. Your conscience strengthens your capacity to respond to the best of your abilities.



**Principle V: Principle of Flipped Values:** The Psychology of Being Unique contends that stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness (stereotyping) lead to the flip of values. A flip of values is when you know it is better to love than hate, but when stress, trauma, and the like., occur your limbic system takes over, and hostility appears better than love and kindness. For example, parents teach their children that love is a higher value than hatred. The person grows up, and in a combat situation, attitudinal values quickly flipped from love to hate. Your need to survive is more powerful than love, kindness, etc. Only by having secondary attitudinal values, such as patriotism, love of family, can a warrior be resilient in a time of combat. Tolerating frustration gives us courage to press on when your emotional brain wants you to give up.



**Principle VI: Principle of Resiliency –** When you put time, energy, and effort into practicing your Higher Values, you can increase your ability to be resilient. Resiliency is staying calm in stressful situations. Life demands that you are resilient in times of stress. This means you know how to stay calm in stressful situations, and you are able to stop yourself from getting extremely angry, down, or worried when something “bad” happens. It also means that you can calm down and feel better when you get extremely upset. You see that caring is a higher value than being indifferent; you know that addressing your concerns is better than being anxious. You also acknowledge that being confident is better than putting yourself down. Tolerating frustration helps you to be persistent when running out of energy and will power to carry on so you can reach your goals and dreams.



**Principle VII: Expressing Your Uniqueness to Others -** You want to express your thoughts, feelings, wants, and concerns to essential people in your life. If you don't tell them, then they will have to guess, and they usually guess wrong. When they assume incorrectly, you get mad, hurt, anxious, etc. **Seeing Uniqueness in Others -** You want to know what another person's concerns, thoughts, feelings, and wants. If you don't, you will have to guess, and you will most likely think it incorrectly. When you assume mistakenly, they will get mad at you or feel hurt, anxious, etc. Tolerating frustration gives you the courage to reason with the unreasonable, tolerate the intolerable, and love the unlovable.

Tolerating frustration has been a topic for existential writers since 1800s. In *A Kierkegaard Anthology*, edited by Robert Bretall (1946). Bretall has selected the relevant text from Kierkegaard's *Concluding Unscientific Postscript to the Philosophical Fragments* and titled the piece "How Climacus Became an Author."

"some by railways, others by omnibuses and steamboats, others by telegraph, others by easily apprehended compendiums and short recitals of everything worth knowing, and finally the true benefactors of the age who by virtue of thought make spiritual existence systematically easier and easier," someone has to make a difference, Climacus reflects:

"You must do something but inasmuch as with your limited capacities it will be impossible to make anything easier than it has become, you must, with the same humanitarian enthusiasm as the others, undertake to make something harder."

*A Kierkegaard Anthology*, ed. by Robert Bretall, Princeton, New Jersey: Princeton, University Press 1946.

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Before we get started, let's review some definitions and principles first. You want to remember that instilling confidence in yourself and others does not take place in a vacuum. So, you want to differentiate between a thought, feeling, and a concern.



- A thought** is a sentence in your head, usually using more than one word.  
Examples: I have to go to the grocery store. John is picking me up at seven tonight.
- A feeling** describes something positive, negative, or neutral using one word.  
Examples: happy, sad, indifferent, joy, excited, depressed, nervous, etc.
- A concern:** Concern comes from the Latin – sift together – you want to bring together, showing concern, caring, and instilling confidence in each other.  
Examples: doing well in school, getting love and support from others, etc.

LIST THE THINGS YOU CAN'T STAND


**Frustration Tolerance:** You can stand most anything because you see the adversity you are facing is a struggle for everyone. You are strong enough to deal with such difficulties, and you know the significance of dealing with such troubles.



**Struggle: Accept** that you are facing a struggle, and to overcome this struggle it will take time, patience and effort. Many people struggle with stress, trauma, hardship, disability, and being stereotyped. They have survived, so can you! You are mature enough not to take this adversity personally. You don't have to jump to false conclusions every time something terrible happens to you. You don't have to put yourself down or put others down because you can respect people as you respect yourself.



**Strong: Believe** that you are strong enough and smart enough to deal with adversity. You are strong enough to deal with this struggle/stress/hardship. Nothing physical happened to you. You won't wilt like a little flower! You are strong enough because you put up with it before, and you can put up with it again; you are smart enough to know the consequences. You know what will help you and what will hurt your chances of being successful. You don't have to like what happened to you, but you can accept the things you can't change. Your attitude you take toward adversity and suffering will determine what meaningfulness you will discover. It is not the end of the world if you are uncomfortable or are facing challenges you don't like.



**Significant: Courage** is recognizing the significance of learning to deal with frustration. You will improve your life by learning how to tolerate frustration. It is worth your effort to learn how to tolerate boredom, frustrations; you can be grateful for the pleasures and resources you do have; high frustration tolerance is better than low frustration tolerance. (Adapted from the work of Windy Dryden)




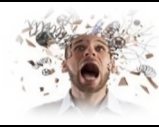
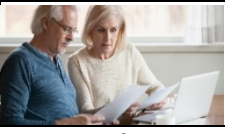

In these worksheets, I mention negative healthy and negative unhealthy emotions. Many people tell me that instead of feeling angry, depressed, anxious, etc. they want to feel "happy." If your beloved grandmother died, you would not feel happy. You would not feel depressed about her passing, but you would feel sad. The following table examines the range of emotional expressions.



**C: Consequences of Basic Attitudes** - In this series of worksheets, you will...

- Determine the consequences of the adversity accurately.
- Report tension, feelings depressed and anxiety with short episodes of excessive anger, hurt, depressed, (unhealthy-rigid feelings), etc.
- Recognize your self-defeating behaviors, non-productive ways and see how survival mode of thinking impacts your thinking.
- Verbalize any distorted thinking and misperceptions you may have about the adversity.

**Healthy and Unhealthy Emotions:** How to read chart: Frequently people believe the opposite of being depression is happiness. Actually, sad is better than feeling depressed because depression involves helplessness, hopelessness, worthlessness, low energy, a lack of motivation, etc. Sadness is associated with grief or unhappiness. You miss the person, but you are not feeling depressed about your loss or failure. Go to Appendix 1 for complete listing of ranges of emotions

Negative yet Unhealthy Emotion	Negative yet Healthy Emotion	Opposite
 <p><b>Anger</b></p>	 <p><b>Annoyed- Mild Frustration</b></p>	 <p><b>Satisfied</b></p>
<i>Mild Frustration &gt; Rigid Anger: Feeling Satisfied is the opposite of anger and the opposite of feeling mildly annoyed;</i>		
{ } I overestimate the extent to which the other person acted deliberately and maliciously. { } I plot my revenge.	{ } You do not overestimate the extent to which the other person acted deliberately and maliciously. Your plan was unsuccessful.	Satisfied: be adequate to (an end in view); <b>Extreme</b> satisfaction may lead to laziness and feeling bored.
 <p><b>Anxiety</b></p>	 <p><b>Concern</b></p>	 <p><b>Healthy Tension</b></p>
<i>Concern &gt; Anxiety: Feeling Healthy Tension is the opposite of concern and feeling anxious</i>		
{ } I overestimate the negative features of the threat. { } I underestimate your ability to cope with the threat	{ } You view the threat realistically, you realistically appraise your ability to cope with the threat,	Tension: as in a movie – building suspends; feeling good after a strenuous workout;



**Goals:** The goal of the following worksheet is to develop greater sense of resiliency through rational emotive thinking.



**B:** Basic Attitudes - In this series of worksheets, you will...

- Identify your basic attitudes, which is your a mental position with regard to a fact and a feeling or emotion toward that fact.
- Allocate the appropriate degree of responsible for your current situation, your feelings and behavior;
- Differentiate your beliefs, desires, personal demands and extreme evaluation.
- Identify possible flip of values, such as responsiveness to self-centeredness, etc.



**D:** Discover New Ways of Thinking, Feeling, and Behaving - In this series of worksheets, you will...

- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, etc. that are more helpful and which will provide you with the means strengthen wanted emotions and your sense of resiliency.



**E:** Exercise & Practice New Attitudes – In this series of worksheets, you will...

- Exercise and practice new attitudes and effective means of addressing adversity;
- Address the adversity and stresses in your life (A),
- Talk about related emotional, behavioral, and cognitive consequences (C);
- Practice desiring without demanding;
- Learn and practice in using non-extreme evaluations;
- Match the five demands of life and how your Higher Values impact on your new vision that will increases your sense of genuine trust and sincere show of respect.



**F:** Follow Up: In this series of worksheets, you will...













- Talk about how your practice (E) went in the past week.
- Complete self-help assignments.
- Discuss if the assigned self-help assignment improved your social situation and emotional life.
- Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance, taking sensible risks, reasonableness, etc. and
- Discover these higher values have a greater influence over your life than self-centeredness, self-doubt, self-perfection, and intolerance to stress.







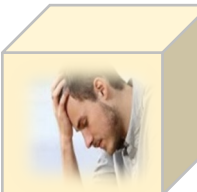












**G:** Goal Directed Behavior: In this series of worksheets, you will...

- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience your higher values and
- Discover meaningfulness of the moment.

I must do well in my relationships. I can't stand to be rejected.













<b>Cheat Sheet #1: I can't stand to be rejected.</b>		<b>(D) Discover Self-Distancing Techniques:</b>	
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration</b>			
 <p><b>. 1 (B): Basic Attitude –</b>                  {} I can't stand to get rejected by influential people in my life.                  {} I will fall to pieces if this particular person doesn't love me anymore.</p>		<p><b>6 (D) Discover a New Way of Thinking</b>                  {} You don't want to be rejected, but you can tolerate frustrations associated with being in a committed relationship. {} You will not like being rejected, but you will not fall apart if someone does reject you.</p>	
 <p><b>2 (D) Discovering Meaningfulness</b>                  {} Being intolerant of not getting along with others is a sign that you want to meet all of the five demands of life.</p>		<p><b>. 7 (D) Discovering Meaningfulness:</b>                  {} Being intolerant may suggest that others are not meeting your values and standards</p>	
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b>                  {} Being intolerant may close you off to new experiences and perspectives.</p>		<p><b>8. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {} When you can tolerate frustration, you get more done, you get along with others better, and you maintain your responsibilities.</p>	
 <p><b>. 4 (B) Basic Attitude in Unrealistic</b>                  {} Frustration Intolerance beliefs are <b>false</b>.                  {} When I cannot tolerate frustration, I adopt a very short-term perspective, and I fail to consider anything from a longer-term standpoint.                  {} "Frustration Intolerance" is false because I do not believe in the long-term effect of my actions.</p>		<p><b>9 (D): Discover Realistic-Flexible Thinking–</b>{} Frustration Tolerance beliefs are <b>true</b>. {} You may find it challenging to feel happy in the face of aversive events, but this does not mean that you have lost the capacity for happiness. If you fail in your relationships, you will not die.</p>	
 <p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b> {} Frustration Intolerance involves extreme and illogical thinking. {} Extreme positions are inaccurate because many people have tolerated much more pain and misery than my failings. {} In an extreme situation, death usually ensues, I will mentally or physically go to pieces, and {} I will lose all capacity to be happy in the future. {} So, no matter how unhealthy I think or how bad things turn out, my ability to be satisfied is not lost.</p>		<p><b>10 (D): Discover Reasonable-Logical Thinking {} Non-Extreme position:</b> Frustration tolerance beliefs are not extreme and logical. You are attempting to derive something "extreme" from something that is not extreme. You are taking an illogical point of view. {} You know that everyone is different, and the degrees of tolerance varies from person to person because "It is not the situation that determines your tolerance level, but how you view the situation." {} Outside events and other people cannot directly control your thoughts.</p>	
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b> {} "Frustration Intolerance" is not helpful because they lead to unhealthy negative emotions, such as anxiety, depression, guilt, shame, hurt, anger. "Frustration Intolerance" can screw up relationships I may develop in the future. Frustration Intolerance leads to behaviors that are not constructive, such as withdrawing, avoidance, overwork, substance abuse. This form of thinking can lead to distorted thinking, such as over-estimating adverse events and under-estimating your resources.</p>		<p><b>11 (D): Discover Rational-Pragmatic Thinking</b>                  {} Frustration Tolerance" leads to healthy negative emotions, such as concern, sadness, remorse, disappointment, sorrow, etc. These beliefs lead to constructive behavior, such as facing up to the stresses of life and helping you to deal with difficult situations. "Frustration Tolerance" leads to realistic thinking such as making reasonable estimates, and seeing positive events as equally likely to occur as negative-adverse events. Rational thinking helps you to see adverse events in perspective.</p>	

Frustration Intolerance: I can stand to be rejected

Worksheet #1: Frustration Intolerance					
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration			(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person		
	<p><b>1 (B): Basic Attitude –</b>                      {} I can't stand to get rejected by influential people in my life.                      {} I will fall to pieces if this particular person doesn't love me anymore.</p>		<p><b>7 (D) Discover a New Way of Thinking</b>                      {}</p>		
	<p><b>2 (D) Discovering Meaningfulness in</b>                      {}</p>		<p><b>8 (D) Discovering Meaningfulness:</b>                      {}</p>		
	<p><b>3 How this form of thinking Restricts Your Uniqueness</b>                      {}</p>		<p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</b></p>		
	<p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b></p>		<p><b>10 (D): Discover Realistic-Flexible Thinking–</b></p>		
	<p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b></p>		<p><b>11 (D): Discover Reasonable-Logical Thinking</b></p>		
	<p><b>6 (B) Basic Attitude in Unworkable and Impractical</b></p>		<p><b>12 (D): Discover Rational-Pragmatic Thinking</b>                      {}</p>		
	<p><b>13 (F) Follow Up:</b> What was the purpose of this exercise?</p>				
	<p><b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p><b>15 (E) Exercise:</b> List three ways you can be more rational thinking?</p>				
	<p><b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>				
<p><b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>					
	<p><b>0</b> Not Helpful</p>	<p><b>1</b> A Little Helpful</p>	<p><b>2</b> Somewhat Helpful</p>	<p><b>3</b> Helpful</p>	<p><b>4</b> Very Helpful</p>



















I can't stand it











Cheat Sheet # 2: Developing Frustration Tolerance I can't stand that	
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration</b></p>  <p><b>1 (B): Basic Attitude –</b>          {} I don't like it when people do X, so I can't stand it when people do X because... {} I can't accept that this person is different from me.          {} I can't tolerate a person who is acting cocky; {} Wasting my time pisses me off, I am not get what I want; {} I can't stand other person's stupid opinion, {} I don't have to change my goals; or {} I can't stay calm and people don't know all the stress I'm under!</p>	<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>  <p><b>7 (D) Discover a New Way of Thinking</b>          {} You don't like when people do X, but you can stand it because when you are reasonable and tolerant, you can get along with people that disagree with you because... {} You have the confidence and tolerance to reason with an unreasonable person because you are smart enough and strong enough. {} You will develop tolerance for future frustrations. {} You know damn well that in attempting to reach your long-term goals and along the way you will meet stress and frustration. {} In developing high tolerance thinking you can be resilient in times of stress. {} You learn to deal with unwelcomed hardship because you have the strength to act upon your higher values.</p>
 <p><b>2 (D) Discovering Meaningfulness</b>          {} How is being intolerant meaningful? I am being alerted that my standards are being violated; I am being reminded that I a complaining and not meeting life's demands.</p>	 <p><b>8 (D) Discovering Meaningfulness:</b>          {} How are reasonableness and tolerance meaningful for you?          {} You are using reasonable and logical thinking to discover meaningfulness in the moment.          {} What meaningfulness can you discern from tolerating the person's bad behavior of X.</p>
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b>          {} Extreme Evaluation can lead to distorted thinking such as over-estimating negative events and under-estimating your resources</p>	 <p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {} You can develop creative and innovative ways of thinking to deal with people's unreasonableness, irrational acts, and prejudice and bigotry.</p>
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible:</b>          {} When I believe that I am unable to tolerate frustration, my perceptions are inaccurate, and my thinking is compromised.          {} I ignore certain aspects of reality and obsess about my misperceptions, which results in my inability to remove an error. {} Since I have no means to correct a mistake, I cannot change or improve my situation.</p>	 <p><b>10 (D): Discover Realistic-Flexible Thinking–</b>          {} You can emphasize accurate perceptions and inaccurate perceptions are correct. The benefits of tolerating frustration are realized by counting, seeing, etc. the positive consequences of tolerating failure. {} Capacity: Not all your resources for happiness are lost when you are facing stressful adversities. {} When you express your potentials and talents, you experience more joy in your life. {} You do have the capacity to tolerate most everything in life. {} You CAN tolerate this inconvenience.</p>
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b>          {} When I believe I can't stand someone or something, my emotionality, and the intensity of my emotional reactions increase. {} Experiencing and expressing my emotions is healthy and can be very rewarding. {} However, when I exclusively rely on my feelings, I will encounter difficulties. {} Emotionality does not lead to healthy problem-solving.</p>	 <p><b>12 (D): Discover Rational-Pragmatic Thinking</b>          {} You know that you can handle this situation back, and you know you can tolerate it again.          {} Tolerating stressful situations involves learning new skills and getting rid of old beliefs about the world. {} Tolerating increases your capacity to deal with whatever stress might come your way.</p>
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b>          {} I adopt a very long-term perspective for a short-term problem. {} I believe this bad event or feeling lasts forever. This form of thinking leads to unhealthy negative emotions, such as anger, anxiety, depression, jealousy, etc. {} Because I don't see the full range of the consequences and limit my sense of choice, I am shortsighted. {} When I believe a terrible event lasts forever, I feel like I can't cope with this situation. I feel helpless.</p>	 <p><b>12 (D): Discover Rational-Pragmatic Thinking</b>          {} You can apply your abilities to tolerate many situations. {} You can use several coping skills. You can tell yourself – "I can handle this difficult situation. {} You don't like it, but you can stand it because you can think of the consequences, you are strong enough to tolerate this stress, and you are mature enough to learn from it.</p>



















# I can't stand when people

Worksheet #2: Frustration Intolerance					
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration			(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person		
 <p><b>1 (B): Basic Attitude –</b>            {} I don't like it when people do X, so I can't stand it when people do X because... {} I can't accept that this person is different from me.            {} I can't tolerate a person who is acting cocky;            {} Wasting my time pisses me off, I am not get what I want; {} I can't stand other person's stupid opinion, {} I don't have to change my goals; or {} I can't stay calm and people don't know all the stress I'm under. {} I can't stand to get rejected by influential people in my life. {} I will fall to pieces if this particular person doesn't love me anymore.</p>			 <p><b>7 (D) Discover a New Way of Thinking</b>            {}</p>		
 <p><b>2 (D) Discovering Meaningfulness in</b></p>			 <p><b>8 (D) Discovering Meaningfulness:</b>            {}</p>		
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b>            {}</p>			 <p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</b></p>		
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b></p>			 <p><b>10 (D): Discover Realistic-Flexible Thinking–</b></p>		
 <p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b></p>			 <p><b>11 (D): Discover Reasonable-Logical Thinking</b></p>		
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b></p>			 <p><b>12 (D): Discover Rational-Pragmatic Thinking</b>            {}</p>		
 <p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>					
 <p><b>15 (E) Exercise: List three ways you can be more rational thinking?</b></p>					
 <p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>					
<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>					
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful











## Frustration Intolerance involves Extreme Evaluations

<b>Cheat Sheet: #3 Frustration Intolerance</b>	
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration</b>	<b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b>
 <p><b>1 (B): Basic Attitude –</b>  <b>{ Extreme Evaluation</b> are inaccurate because many people have tolerated much more pain and misery than I am in this situation. <b>{</b> In an extreme position, death usually ensues, I will mentally or physically go to pieces. <b>{</b> I will lose all capacity to be happy in the future. <b>{</b> So, no matter how I think or how bad things turn out, my capacity to be happy is lost.</p>	 <p><b>7 (D) Discover a New Way of Thinking</b>  <b>{</b> You can prove that some tasks are challenging, but you cannot meet your preference. <b>{</b> You prefer not to experience pain and misery. <b>{</b> You can also prove that you can tolerate doing difficult tasks because when your preference is not met you will, in all probability, neither die nor disintegrate. <b>{</b> You will still retain the capacity for future happiness.</p>
 <p><b>2 (D) Discovering Meaningfulness</b>  <b>{</b> You may realize that you have reached the level of your skill level, and <b>{</b> You need to recoup to learn new skills and find new resources. <b>{</b> You are telling yourself that something is wrong and <b>{</b> You may need to step back and evaluate your stress level.</p>	 <p><b>8 (D) Discovering Meaningfulness:</b>  When you learn to tolerate such frustrations and disappointments, <b>{</b> You have a greater chance of discovering meaningfulness in your life. <b>{</b> If you bail to quickly or easily give up, <b>{</b> Then you may not discover the meaningfulness of the moment.</p>
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b>  <b>{</b> Stereotyping is when you rigidly standardized a mental picture that is held in common by members of a group and that represents an oversimplified opinion, prejudiced attitude, or uncritical judgment.</p>	 <p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> When you take another person's uniqueness away or diminish his or her uniqueness, <b>{</b> You are also reducing your chances of expanding and experiencing your uniqueness. When you notice your thoughts are turning negative, <b>{</b> you want to step back and look for the stresses and sensations that are resulting a flip from the positive perspective to a negative perspective –</p>
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b>  <b>{</b> When I tell myself, “I can’t stand it,” this leads to catastrophic thinking. This thinking leads to awfulizing and dreading. <b>{</b> Chanting “I can’t stand it” shows my tolerance is limited, and my abilities are inadequate. <b>{</b> Since I have all these dreadful traits – it proves I am facing a catastrophe – a complete disaster.</p>	 <p><b>10 (D): Discover Realistic-Flexible Thinking–</b>  Frustration tolerance is a higher value: Learning to be tolerant, which continuing not liking what is happening, helps you to get along with others better, helps you to be more persistent, and increases your ability to be more resilient in times of strife and stress.</p>
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b>  <b>{</b> Believing things will always turn out Badly results in unhealthy negative emotions. When I think “I can’t,” this thinking prevents me from trying new things or learning new skills. When I only look for the negative, I don’t see the positive; I don’t know the value of the situation. This thinking leads to negative attributions, I don’t know the meaning of each moment, and I don’t see each person's uniqueness. I see people are replaceable.</p>	 <p><b>11 (D): Discover Rational-Pragmatic Thinking</b>  <b>{</b> Confidence in your strength of character and which personality traits you can use in this particular situation. <b>{</b> When addressing a concern or solving a problem, you want to be specific and have a clear definition of the problem. <b>{</b> You can tolerate discomfort.</p>





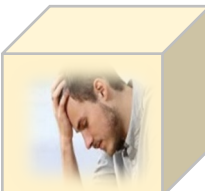










## Extreme Evaluation puts you in extreme situations in your mind











Worksheet #3: Frustration Intolerance		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person			
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration					
 <p><b>1 (B): Basic Attitude –</b>            {} Extreme Evaluation are inaccurate because many people have tolerated much more pain and misery than I am in this situation. {} In an extreme position, death usually ensues, I will mentally or physically go to pieces. {} I will lose all capacity to be happy in the future. {} So, no matter how I think or how bad things turn out, my capacity to be happy is lost.</p>	 <p><b>7 (D) Discover a New Way of Thinking</b>            {}</p>				
 <p><b>2 (D) Discovering Meaningfulness in</b></p>	 <p><b>8 (D) Discovering Meaningfulness:</b>            {}</p>				
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b>            {}</p>	 <p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</b></p>				
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b></p>	 <p><b>10 (D): Discover Realistic-Flexible Thinking–</b></p>				
 <p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b></p>	 <p><b>11 (D): Discover Reasonable-Logical Thinking</b></p>				
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b></p>	 <p><b>12 (D): Discover Rational-Pragmatic Thinking</b>            {}</p>				
 <p><b>13 (F) Follow Up:</b> What was the purpose of this exercise?</p> <p><b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>					
 <p><b>15 (E) Exercise:</b> List three ways you can be more rational thinking?</p>					
 <p><b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>					
<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>					
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful





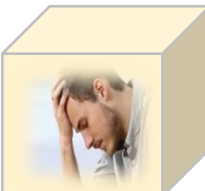












## Restricting Your Uniqueness

<b>Cheat Sheet: #4 Frustration Intolerance</b>	
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration</b></p>	<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>
 <p><b>1 (B): Basic Attitude – Low frustration tolerance beliefs are false:</b> {} Everyone is different, and my degree of tolerance varies from person to person. {} I am taking an extreme position because people who can tolerate frustration take a non-extreme place, and people with frustration intolerance take an extreme position.</p>	 <p><b>7 (D) Discover a New Way of Thinking</b> {} You can prove that some tasks are challenging, but you cannot prove that your preference are false. {} You prefer not to experience pain and misery. {} You can also prove that you can tolerate doing difficult tasks because when your preference is not met you will, in all probability, neither die nor disintegrate. {} You will still retain the capacity for future happiness.</p>
 <p><b>2 (D) Discovering Meaningfulness</b> {} Extreme evaluations may be attempted to test your boundaries with another person. {} You can think if they can do -then I can do it!</p>	 <p><b>8 (D) Discovering Meaningfulness:</b> {} Tolerating frustration opens the door to discover meaningfulness: {} It isn't very easy to tolerate frustration, such as not doing well, but you can tolerate not doing well. {} Tolerating frustration has two non-extreme components that are logically connected. {} The first thought is, "You don't want to face this frustrating situation. {} The 2nd thought is, "But you can stand such situations."</p>
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b> {} {} I view frustration as intolerable; I see the slightest aggravation as unbearable; I tend to give up. When I stop trying, I experience more failure, and I will not reach my short-term and long-term goals.</p>	 <p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {} A non-extreme evaluation attitude is flexible because you have the realistic expectation that you can cope with frustration confidently, such frustrations are part of learning new and difficult tasks, and you can change your thinking when you cannot change the particular adversity you are facing.</p>
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b> {} Discomfort Dodging: When I believe I can't tolerate frustration, I will procrastinate, feels anxious about when the other shoes in going to drop, and I am not learning new skills or practicing skills so that I can be more productive.</p>	 <p><b>10 (D): Discover Realistic-Flexible Thinking–</b> {} When you tell yourself, "I can't stand it," "it is an extreme estimation. When you make judgments that are severe, you make more errors. {} More errors lead to more frustrations. {} These extreme estimations create more mistakes in your judgment because you are making a decision using incomplete information.</p>
 <p><b>6 (B) Basic Attitude in Unworkable and Impractical</b> {} When I believe I have frustration intolerance, my effort and persistence decrease. {} I don't get along with others, and I don't stick to my plans, I don't reach my goals, my confidence decreases, my skill development decreases, and my resilience decreases. {} When I am intolerant of frustration, I give up easily, and I am not persistent.</p>	 <p><b>11 (D): Discover Rational-Pragmatic Thinking</b> {} When you have high frustration tolerance, you have cognitive flexibility, which is a willingness to look at a problem in many different ways, and you are flexible in your interpersonal actions. {} You are open to other people's ideas and styles of addressing issues – open-minded vs. closed-minded. Frustration tolerance is higher value.</p>



Worksheet #4: Frustration Intolerance					
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration			(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person		
	<p><b>1 (B): Basic Attitude</b> – {} Low frustration tolerance beliefs are false: {} Everyone is different, and my degree of tolerance varies from person to person. {} I am taking an extreme position because people who can tolerate frustration take a non-extreme place, and people with frustration intolerance take an extreme position.</p>			<p><b>7 (D) Discover a New Way of Thinking</b> {}</p>	
	<p><b>2 (D) Discovering Meaningfulness in</b></p>			<p><b>8 (D) Discovering Meaningfulness:</b> {}</p>	
	<p><b>3 How this form of thinking Restricts Your Uniqueness</b> {}</p>			<p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {}</p>	
	<p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b></p>			<p><b>10 (D): Discover Realistic-Flexible Thinking–</b></p>	
	<p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b></p>			<p><b>11 (D): Discover Reasonable-Logical Thinking</b></p>	
	<p><b>6 (B) Basic Attitude in Unworkable and Impractical</b></p>			<p><b>12 (D): Discover Rational-Pragmatic Thinking</b> {}</p>	
	<p><b>13 (F) Follow Up:</b> What was the purpose of this exercise?</p>				
	<p><b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p><b>15 (E) Exercise:</b> List three ways you can be more rational thinking?</p>				
	<p><b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>				
<p><b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>					
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

<b>Cheat Sheet: #5 Frustration Intolerance</b>	
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration</b>	<b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b>
 <p><b>. 1 (B): Basic Attitude – Low frustration tolerance beliefs are false:</b> {} Everyone is different, and my degree of tolerance varies from person to person. {} I am taking an extreme position because people who can tolerate frustration take a non-extreme place, and people with frustration intolerance take an extreme position.</p>	 <p><b>6 (D) Discover a New Way of Thinking</b> {} You can prove that some tasks are challenging, but you cannot prove that your preference are false. {} You prefer not to experience pain and misery. {} You can also prove that you can tolerate doing difficult tasks because when your preference is not met you will, in all probability, neither die nor disintegrate. {} You will still retain the capacity for future happiness.</p>
 <p><b>2 (D) Discovering Meaningfulness</b> When I have experienced stress or sensations related to trauma, {} I may need to take a short-term perspective to calm myself down. {} I may need time to recoup my resources and retreat from threats I cannot alter.</p>	 <p><b>. 7 (D) Discovering Meaningfulness:</b> {} Even though life appears meaningless and empty, you can find meaningfulness in every circumstance you face.</p>
 <p><b>3 How this form of thinking Restricts Your Uniqueness</b> {} {} I am a stupid/bad person for not considering a long-term effect of my actions. {} So, I'm like all those stupid people that can't make the right decision or find a perfect person to be in love with – I'm like all those other "losers." {} I believe I can't cope with any degree of frustration, dissatisfaction, and/or stress, so my uniqueness is restricted.</p>	 <p><b>8. (D) Discover Constructive Ways to Expand Your Uniqueness:</b> {} You cannot predict the future perfectly, but you can set realistic goals and make flexible plans to meet life's demands. {} You can expand or restrict your uniqueness – it is your choice. {} When you are logical, you have a greater chance of reducing your tendency to use extreme evaluation, which will help you to determine when to expand or restrict your uniqueness.</p>
 <p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b> {} I see no benefit in tolerating frustration. {} I ignore it is a struggle, and {} I see that struggle as worthless. {} When I don't recognize the value of tolerating frustration, I give in to my urges, disregarding consequences. {} I don't get things because I believe I can't handle my responsibilities.</p>	 <p><b>9 (D): Discover Realistic-Flexible Thinking–</b> {} Determined to be relentlessly persistence. {} Endure: You can endure, and you can tolerate this lousy event. {} You will never like this unfortunate event, but you can carry on without wilting because you have faith in your abilities.</p>
 <p><b>5 (B) Basic Attitude in Unworkable and Impractical</b> {} Circular, "If I fail, I am no good. I failed; therefore, I must be no good! I am no good at anything, so I am a worthless failure. {} Circular thinking interferes with problem-solving and creates more conflicts with loved ones because I appear to be stubborn and close-minded.</p>	 <p><b>10 (D): Discover Rational-Pragmatic Thinking</b> {} Emotional expression is balanced and healthy. You can check out your decisions by empirically looking at all the facts.</p>

Worksheet #4: Frustration Intolerance					
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Tolerate Frustration			(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 <sup>nd</sup> Person		
	<p><b>1 (B): Basic Attitude – {} Low frustration tolerance beliefs are false:</b>            {} Everyone is different, and my degree of tolerance varies from person to person. {} I am taking an extreme position because people who can tolerate frustration take a non-extreme place, and people with frustration intolerance take an extreme position.</p>			<p><b>7 (D) Discover a New Way of Thinking</b>            {}</p>	
	<p><b>2 (D) Discovering Meaningfulness in</b></p>			<p><b>. 8 (D) Discovering Meaningfulness:</b>            {}</p>	
	<p><b>3 How this form of thinking Restricts Your Uniqueness</b>            {}</p>			<p><b>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</b></p>	
	<p><b>4 (B) Basic Attitude in Unrealistic and Inflexible</b></p>			<p><b>10 (D): Discover Realistic-Flexible Thinking–</b></p>	
	<p><b>5 (B) Basic Attitude in Unreasonable and Illogical</b></p>			<p><b>11 (D): Discover Reasonable-Logical Thinking</b></p>	
	<p><b>6 (B) Basic Attitude in Unworkable and Impractical</b></p>			<p><b>12 (D): Discover Rational-Pragmatic Thinking</b>            {}</p>	
	<p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p>				
	<p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>				
	<p><b>15 (E) Exercise: List three ways you can be more rational thinking?</b></p>				
	<p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>				
<p><b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b></p>					
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Exercise One: Stating Preferences and adding the negation.

Goal: Increase Frustration Tolerance thinking and decrease Frustration Intolerance thinking. You are given survival mode statements, and you are counter with resiliency statements. If you get stuck, go to the Inspiration section.

<b>Choices:</b> <b>(Find the extreme choice)</b>	<b>Challenges: Negation</b> <b>Non-Extreme</b>
<b>#1 I don't like it when people bother me, so I can't stand it when you bother me.</b>	
<b>#2 When I am successful, I will be happy and I will feel magnificent for the rest of my life.</b>	
<b>#3 I want to get my way, and I can't stand it when I don't get my way.</b>	
<b>#4 I can't bear it when people are mad at me.</b>	
<b>#5 I can't say no (I can never be assertive and get what I really want).</b>	
<b>#6 I can't stand to think about my lack of real purpose in my life and I need more support from others.</b>	
<b>#7 I can't stand such meaninglessness and I must ward it off.</b>	
<b>#8 I can't stand this frustration</b>	
<b>#9 I can't stand being frustrated by existing conditions - how terrible that people frustrate me!</b>	
<b>#10 I can't stand these conditions and the pain it causes me.</b>	



<p><b>#11 I can't stand you being so slow!</b></p>	
<p><b>#12 I want to be successful but I can't stand it when people get in my way.</b></p>	
<p><b>#13 Because I fail to think of the long term, doesn't mean that this long term does not exist</b></p>	
<p><b>#14 I find failing as being agonizing</b></p>	
<p><b>#15 If I fail, I feel like I will disintegrate. I will go to pieces.</b></p>	
<p><b>#16 I could not stand it not being in a warm and affectionate relationship. If I am not in a relationship, it is intolerable!"</b></p>	
<p><b>#17 "I can't stand not being in a relationship. I need love and approval from a loving and sympathetic person!</b></p>	
<p><b>#18 If I fail in my relationships, I will lose all my capacity to be "truly" happy. I can't stand to be unhappy.</b></p>	
<p><b>#19 I can't stand that I'm not in a permanent relationship RIGHT NOW!.</b></p>	
<p><b>#20 It is intolerable not to be in relationship that was once a wonderful relationship</b></p>	
<p><b>#21 I experience aversive events as insufferable</b></p>	

<b>#22 I can't stand it when things go badly</b>	
<b>#23 I can't stand it when people bother me.</b>	
<b>#24 I can't stand it when people take advantage of me.</b>	
<b>#25 I can't stand it when people lie to me.</b>	
<b>#26 I can't stand it when people blame me</b>	
<b>#27 I can't stand it when people don't trust me.</b>	
<b>#28 I can't stand it when people frustrate me.</b>	
<b>#29 I can't stand it when things turn out badly for me.</b>	
<b>#30 I can't stand it when I don't get the things I deserve.</b>	

## Inspiration

<b>Choices: (Find the extreme choice)</b>	<b>Challenges: Negation Non-Extreme</b>
<b>#1 I don't like it when people bother me, so I can't stand it when you bother me.</b>	You will never like people bothering you, but you can tolerate people choosing to bother you because you don't want to control other people's choices.
<b>#2 When I am successful, I will be happy and I will feel magnificent for the rest of my life.</b>	Even though you will never like to fail, you can stand to lose because succeeding or failing cannot control your feelings. After all, you are happy to be alive and kicking.
<b>#3 I want to get my way, and I can't stand it when I don't get my way.</b>	You prefer to get your way, but you can stand it when things don't go as you planned because you can develop tolerance.
<b>#4 I can't bear it when people are mad at me.</b>	You are concerned when people are mad at you. You don't like it, but you recognize that some good and some bad will come out of this exchange. You are responsible for your behaviors because you understand the connection between your thoughts, feelings, and behaviors.
<b>#5 I can't say no (I can never be assertive and get what I really want).</b>	You can tolerate people's disapproval. You want people to like you, but you don't NEED their absolute approval because you can't control their choices, opinions, and can't determine their likes and dislikes. You can tolerate it because you can control your thoughts, and you connect your specific thoughts with your feelings.
<b>#6 I can't stand to think about my lack of real purpose in my life and I need more support from others.</b>	When you anticipate a loss of support and lack of purpose in life, you find that undesirable, but you can bear it because you can discover happiness in other areas in your life.
<b>#7 I can't stand such meaninglessness and I must ward it off.</b>	When you anticipate not getting what you want, you don't like such frustration, but what is meaningful and what you value is not determined by your emotional reaction. Your value is determined by connecting your thinking with your feeling rather than by conditions that you face.
<b>#8 I can't stand this frustration</b>	What you want is essential, but frustration is a natural part of life and learning.
<b>#9 I can't stand being frustrated by existing conditions - how terrible that people frustrate me!</b>	You don't like being frustrated by existing conditions, but you can tolerate such frustration because you know you always have emotional choices when dealing with such frustrations.
<b>#10 I can't stand these conditions and the pain it causes me.</b>	Conditions might thwart your goals, but those conditions cannot take away your skills and abilities. You can handle these conditions because you are smart enough, strong enough, and mature enough to deal with such stress.




<b>#11 I can't stand you being so slow!</b>	You dislike your slowness, and you wish you would hurry up – but you guess you will manage to put up with your unnecessary delays, even though you'll never like them.
<b>#12 I want to be successful but I can't stand it when people get in my way.</b>	You love being successful and making enough money, so you buy the things you strongly desire, but you can put up with people choosing to interfere with your plans, wishes, dreams, and hopes.
<b>#13 Because I fail to think of the long term, doesn't mean that this long term does not exist</b>	Very few painful events will kill you, but failing, losing, or being rejecting will not physically hurt you. If you allow these conditions to control your thinking, you will have feelings of anxiety, depression, and rage.
<b>#14 I find failing as being agonizing</b>	You know that failing is not what you want, but there are no laws that dictate that you must get your way.
<b>#15 If I fail, I feel like I will disintegrate. I will go to pieces.</b>	You can put up with failing because
<b>#16 I could not stand it not being in a warm and affectionate relationship. If I am not in a relationship, it is intolerable!"</b>	You can stand a lack of affection because you tolerated it from other people you were involved with earlier in your life. You can endure and learn from this bad event.
<b>#17 "I can't stand not being in a relationship. I need love and approval from a loving and sympathetic person!</b>	You will never like failing in a relationship, but you can bear the frustrations and disappointments because frustration is not fatal, and disappointment does not lead to death. Frustration is usually temporary, and this specific frustration will pass – unlike death, which is pretty permanent.
<b>#18 If I fail in my relationships, I will lose all my capacity to be "truly" happy. I can't stand to be unhappy.</b>	It is difficult for you to tolerate not succeeding in relationships, but you can take it, and there is no proof you will go to pieces when you don't get what you want.
<b>#19 I can't stand that I'm not in a permanent relationship RIGHT NOW!</b>	This form of thinking is a difficult, challenging, and a very trying event, but it is not 100% unbearable.
<b>#20 It is intolerable not to be in relationship that was once a wonderful relationship</b>	If you are not in a relationship, you strongly desire, you will not disintegrate. You will not go to pieces. Even if you tell yourself that "you can't stand something, you are still standing it!
<b>#21 I experience aversive events as insufferable</b>	Virtually all aversive events are difficult to tolerate, but you can take them.






<b>#22 I can't stand it when things go badly</b>	When you tell yourself you can't stand it, you are illogical. You don't like something. You don't want something, and you can tolerate things you don't like are non-extreme thoughts because they are reasonable, and there is a sense of choice in these thoughts.
<b>#23 I can't stand it when people bother me.</b>	When you tell yourself, you can't stand it when people bother you, you are lying to yourself. When you lie to yourself, you are only unrealistic.
<b>#24 I can't stand it when people take advantage of me.</b>	Realistically, you can endure many things, especially "people bothering you."
<b>#25 I can't stand it when people lie to me.</b>	Although their lousy behavior says more about them than you, you can stomach their bad behavior because you have faith in your abilities, and you are confident that you can try new behaviors to tolerate their behavior.
<b>#26 I can't stand it when people blame me</b>	You won't let other people's behavior upset you. You want high frustration tolerance because it leads to realistic thinking, such as making realistic estimates, being reasonable, and seeing positive events as equally likely to occur as adverse events. You can see negative experiences in perspective and a sensible context. You may find it challenging to feel happy in the face of aversive events, but this does not mean that you have lost the capacity for happiness. You will be disappointed when people blame you.
<b>#27 I can't stand it when people don't trust me.</b>	You will not disintegrate when you don't get what you think you deserve. You can feel delighted when you apply your abilities and appreciate the small things that happen in your life. You can experience enjoyment when you actualize your potentials and exercise your talents. You can develop your strengths your skills to endure these bad times.
<b>#28 I can't stand it when people frustrate me.</b>	You know you can tolerate disappointment because it is a part of learning and loving life. It is difficult to appreciate life without experience disappointment.
<b>#29 I can't stand it when things turn out badly for me.</b>	"You can't stand it" is an extreme position. Extreme positions are inaccurate because many people have tolerated much more pain and misery than you have. In extreme situations, death usually ensues. When love one's, don't trust you. You won't mentally or physically go to pieces, and you will not lose all capacity to be happy in the future. So, no matter how unhealthy you think or how bad things turn out, your ability to be satisfied is not lost.
<b>#30 I can't stand it when I don't get the things I deserve.</b>	When you believe "you can't stand it", you are adopting a very short-term perspective, and you fail to consider anything from a longer-term standpoint. The statement "you can't stand it" is false because it does not consider the long-term effect of your actions. When you tell yourself, "you can't stand it," you are giving yourself a false sense of urgency. This form of thinking will only increase your unrealistic sense of fear, increases the chances of your feeling angry, and it will disconnect what you are feeling from what you are thinking.

## Appendix 1: Healthy and Unhealthy Emotions:




Your basic attitudes (B) influence your emotional reactions by dealing with choices life forces upon you.

		
When I make a choice	Something Changes	When something changes, I need to make a correction to stay on course.
Every Choice I make	Every time I make a choice, something in my life changes	Every time I make some changes in my life, I need to self-correct
<b>has multiple reasons for making that choices</b>	I want to know the purpose of my choices and how my reasons related to my purpose.	Correct misinformation
<b>has new responsibilities that go along with those choices</b>	I want to develop goals and plans to meet my responsibilities.	Correct misperceptions and cognitive distortions
<b>has a number of new and unforeseen consequences and repercussions</b>	I want to practice my plan for a set period of time so I can make sure plan is working. If my plan is not working, I will make a new plan.	Correct mistaken beliefs and inflexible basic attitudes.
I restrict my uniqueness when I believe that I don't have any sense of choice	I restrict my uniqueness when I believe I cannot deal with the changes in my life or I resist or refuse to accept unwanted changes in my life.	I restrict my uniqueness I am unaware that I need to correct my behavior and I lack the necessary skills to correct misinformation or alter my misperceptions or my mistaken beliefs.

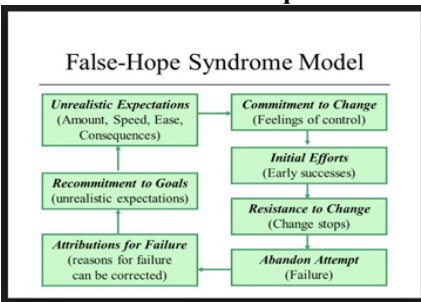


Restricts Uniqueness	Anxiety-Worry	Guilt	Shame
			
<b>I believe that I don't have any Sense of Choice.</b>	I feel like I don't have any effective means to deal with threats, so I use ineffective ways such as by being helpful to people of whom I fear; I am afraid I can't handle the danger I am facing so I hope that others will feel the threat for I; I become over-reliant of other; I tranquilize my feelings; I over-prepare for danger;	I believe I can't help but break my moral code, not realizing I am choosing to escape from pain and failure in self-destructive ways. I unrealistically promise that I will not sin again, and I do not recognize that I want to feel guilty rather than remorse, so I can't do anything about my situation; I don't see remorse as a choice.	I choose to act in a way that falls every short of my ideal, and I isolate myself from others and choose to withdraw from the group. I think I have to save face by attacking others; I decide not to restore social equilibrium; I disregard the context in which shame took place, and I choose to feel shame rather than disappointment.
<b>I believe I cannot deal with the changes in my life or my resist or refuse to accept unwanted changes in my life.</b>	I ruminate about the threat, so I am distracted from my goals. I create a more prominent threat, and I overcompensate. I feel vulnerable by picturing myself dealing effectively with an even more significant	I spend much of my time begging for forgiveness and hoping the person won't feel hurt or angry; I defensively disclaim responsibility for wrongdoing hoping this manipulative behavior will	I defend my threatened self-esteem in self-defeating ways; I ignore attempts by others to restore social equilibrium.

	risk; I withdraw from the danger; I persuade myself the threat is not imminent; I distract myself from the treat, which interferes with problem-solving.	change the situation; I look for reasons and make excuses; I reject offers of forgiveness;	
<b>I am unaware that I need to correct my behavior, or you lack the necessary skills to correct misinformation or my misperceptions and mistaken beliefs.</b>	Overestimating the probability of the threat occurring; underestimating my ability to cope with threat; magnifying negative consequences; minimizing positive outcomes; I am facing a threat to my domain;	Instead of correcting how I broke my moral code, I punish myself for I hurting someone, and I conclude that I have sinned; I assume more personal responsibility than it warrants; assign far less responsive to others; I dismiss possible mitigating factors; I fail to put my behavior into an overall context; I fear to receive retributions; I punish myself physically, or I deprive myself in hopes that will change my tone and self-defeating behaviors.	I overestimate the negativity of the information revealed, and I exaggerate that others will notice my mistakes. I exceed the degree of disapproval. I overestimate how long any condemnation will last; I believe I can't accept myself unconditionally. Other people look down at me because of the mistakes I have made in the past.













Adapted from the work of Windy Dryden













<b>Restricts Uniqueness</b>	<b>Depression</b> 	<b>Emotionally Hurt</b> 	<b>Obsession Love</b> 
<b>I believe that I don't have any Sense of Choice.</b>	When I don't have a sense of choice, I tend to withdraw from others. I focus on my failures, losses, and undeserved plights; feelings helplessness, hopelessness, and worthlessness increase; I see my life as being useless, pointless, and meaningless. I feel unwanted, unacceptable, inferior, inadequate, and I have a greater sense of self-doubt. I believe I can't work on my feelings. If I feel sad, I think that sadness is unhealthy because I am unable to express what I am feeling and under-react to what has happened.	I remove my sense of choice by demanding that I "don't deserve such treatment;" I choose to stop communicating with the other person; I prefer to sulk; I decide not to disclose details of the matter; I indirectly criticize or punish the other person for his/her offense; I decide not to express feelings directly; I want to feel hurt rather than sorrow;	I remove my sense of choice by demanding that loved ones "must" admire me and adore me. They must love me all time without regard to individual differences, such as mood, personality, needs, interests, endurance level, etc.
<b>I believe I cannot deal with the changes in my life or my resist or refuse to accept unwanted changes in my life.</b>	I ruminate about the sources and reasons for my depression. I avoid thinking about what I am "responsible for..." I become overly dependent – hoping other people will solve my problems for me. I cling to others so I will feel better. I feel better, but I don't work on getting better. I have thoughts of self-pity that increase; I bemoan my fate, so others will make it right for me; I think I can't change the environment or create an environment with my feelings of depression; I terminate feelings of depression in self-destructive ways;	I over-focus on past hurts, or ways I can undo what went wrong; I am not open to the idea of making the first move toward another person	I believe that person must love me, and I always have to be in a beautiful and caring relationship. I think this person is critical of me, and this importance will bring about happiness in myself and every relationship at work, with friends and family.
<b>I am unaware that I need to correct my behavior or</b>	I underestimate my ability to cope with stress and negative images. I only see the negative aspects of loss, failure, or	I overestimate the unfairness of the other person's behavior; I believe that others devalue my relationship; I think the other	I overestimate the power another person has over me. I blame the









<p>lack the necessary skills to correct misinformation or my misperceptions and mistaken beliefs.</p>	<p>underserving plight. I only see pain and gloom in the future. I think I am unable to help myself. I see myself as being dependent on others. I see the world as full of unfairness and unkindness. I frequently think “I can’t do this.”</p>	<p>persons believe the relationship is more important than I think it is; I believe the other person doesn’t care about me; I see myself as being alone, uncared for, or misunderstood; I over evaluate the other person’s bad behavior;</p>	<p>other person for my feelings and behaviors.</p>
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<p><b>Restricts Uniqueness</b></p>	<p><b>Unrealistic Hope</b></p> 	<p><b>Unhealthy Doubt</b></p> 	<p><b>Regression</b></p>  <p><b>(A lack of expression)</b></p>
<p><b>I believe that I don’t have any Sense of Choice.</b></p>	<p>You base your choices on Magical Thinking, which results in overconfidence; giving a feeling of enchantment; influenced by or as if by charms and incantation; belief in the interconnectedness of all things through forces and powers that transcend both physical and spiritual connections; fantasy withdrawal.</p>	<p>I have no sense of choice because <b>I Mistrust Others</b>: I have a growing uncertainty; fear of being hurt or being cheated by others. I am reluctant to confide in others because of unwarranted fear that the information will be used maliciously against I; I am <b>Distrustful of others</b>: I see others as being undependable; sees others as disloyal or unfaithful;</p>	<p>I believe I cannot mobilize my psychological resources, such as my personality traits, social skills, and frustration tolerance. I think I can’t do anything about my situation.</p>
<p><b>I believe I cannot deal with the changes in my life or my resist or refuse to accept unwanted changes in my life.</b></p>	<p><b>Unrealistic Hope</b>: I hope to get back at people who have hurt I; seeking revenge; bad things will not happen again; irrational faith – if others believe it, it must be true; <b>Passive Hope</b>: I think people will leave me alone; people will save me without any effort on my part; hope it will come true without any effort or persistence on my part</p>	<p>I am afraid to change because I am overly suspicious: I always suspect that something is wrong without proof or on slight evidence; I feel uneasy; feel uncertain because I am suspecting something is wrong; I see others as being exploiting, harming, or deceiving I without sufficient evidence; I read hidden demeaning or threatening meanings into benign remarks or events; unjustified doubts about the loyalty or trustworthiness of friends or associates.</p>	<p>I believe I lack the energy or resources to change. I confuse depression with regression; usually, anxiety follows regression because I have left specific responsibilities undone; I believe I can’t change because I am easily distracted, and I can’t think of anything to do.</p>
<p><b>I am unaware that I need to correct my behavior or lack the necessary skills to correct misinformation or my misperceptions and mistaken beliefs.</b></p>	<p><b>Unrealistic Hope</b>: I hope things will happen that are impractical, unfounded, wishful thinking; mild distortions of reality; <b>Unrealistic Optimism</b>: I think that good things are more likely to happen to me than to my peers; I have goals with no plan or plans with no goal in mind;</p>	<p>I am irrational suspiciousness and distrustfulness of others. I perceive attacks on my character or reputation that are not apparent to others, and I am quick to react angrily or to counterattack;</p>	<p>I believe I can’t correct my behavior because I am not interested in anything, and I lack the necessary motivation and drive to get things done. My beliefs are rigid; I use extreme evaluations, and I think I can’t tolerate frustration.</p>

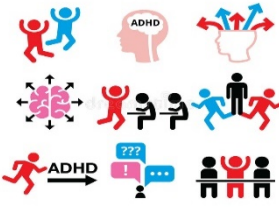






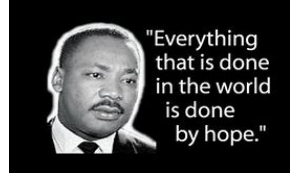
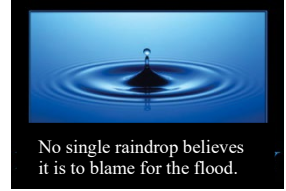


<p><b>Negative yet Unhealthy Emotion</b> <i>Anger</i></p> 	<p><b>Negative yet Healthy Emotion</b> <i>Annoyed- Mild Frustration</i></p> 	<p><b>Opposite</b> <b>Satisfied</b></p> 
<p><i>Mild Frustration &gt; Rigid Anger: Feeling Satisfied is the opposite of anger and the opposite of feeling mildly annoyed;</i></p>		
<p>{ I overestimate the extent to which the other person acted deliberately and maliciously. I plot my revenge.</p>	<p>{ You do not overestimate the extent to which the other person acted deliberately and maliciously. Your plan was unsuccessful.</p>	<p>Satisfied: be adequate to (an end in view); <b>Extreme</b> satisfaction may lead to laziness and feeling bored. Stop trying.</p>
<p><b>Emotionally Hurt</b></p> 	<p><b>Sorrow-Greif:</b></p> 	<p><b>Disappointment:</b></p> 
<p><i>Experiencing grief and sorrow &gt; feeling emotionally hurt; Disappointment is the opposite of feeling hurt and the opposite of grief</i></p>		
<p>I am overestimating unfairness; I think others don't care about me, I don't belong, they care more about themselves than me.</p>	<p>You communicate directly your feelings and thoughts to the other person directly and address your concerns.</p>	<p>Disappointment: to fail to meet your expectations. You don't feel emotionally hurt or grief. You think, "I wish it wasn't so."</p>
<p><b>Anxiety</b></p> 	<p><b>Concern</b></p> 	<p><b>Healthy Tension</b></p> 
<p><i>Concern &gt; Anxiety: Feeling Healthy Tension is the opposite of concern and feeling anxious</i></p>		
<p>I overestimate the negative features of the threat. I underestimate your ability to cope with the threat</p>	<p>You view the threat realistically, you realistically appraise your ability to cope with the threat,</p>	<p>Tension: as in a movie – building suspense; feeling good after a strenuous workout;</p>
<p><b>Depression</b></p> 	<p><b>Sadness</b></p> 	<p><b>Contented-Lighthearted</b></p> 
<p><i>Sadness &gt; Depression: Feeling Content is the opposite of feeling sad and the opposite of feeling depressed</i></p>		
<p>{ I think I will <i>never</i> be good at anything. { If I believe I can't win, then I won't be so disappointed when I finally do loose. { However, if I win, then I'll blame it on luck.</p>	<p>{ Believing that I "can't win" leads to devaluation because I am judging myself as worthless if I don't win. { I want to think "hard work and persistence will increase my chances of succeeding."</p>	<p>Contented: feeling or showing satisfaction with one's possessions, status, or situation; happy, joyful, joyous; blithe, lighthearted; exalted, inspired, uplifted;</p>




 <p style="text-align: center;"><b>Regress</b></p>	 <p style="text-align: center;"><b>Express: Mobilization of Energy: Meaningfulness</b></p>	 <p style="text-align: center;"><b>Accept</b></p>
<p><i>Meaningfulness &gt; Regression: Feeling Acceptance is the opposite of feeling meaningfulness and the opposite of regression</i></p>		
<p>You move backward to a previous and especially worse or more primitive state. You scenes from the past do not pop into my mind; I feel disorganized; it is pointless to set goals and make plans; it is pointless to try; it is pointless to be concerned; disorganized; pointless to set goals and make plans; pointless to try; it is pointless to be concerned; I wish my life would return to better time; I'm not interested in things I use to love to do – UI 23</p>	<p>I'm an interesting person and I have energy and vigor to do the things I love; scenes from the past do not pop into my mind: Organized to set goals and carry out my goals productively while using a moral-ethical plan; Organized: I know I can work on my goals and get something done today; Intentionality – Purpose-Plan-Practice-make a new Plan are all present</p>	<p>to endure without protest or reaction; to receive willingly – for example I accept my feelings are just feelings and my thought are thoughts – no more, no less; to receive favorably something offered</p>
<p style="text-align: center;"><b>Feeling Guilty:</b></p> 	<p style="text-align: center;"><b>Remorse</b></p> 	<p style="text-align: center;"><b>Innocence</b></p> 
<p><i>Feeling Remorse &gt; Feeling Guilty: Being free from guilt and sin is the opposite of feeling remorse and feeling guilty</i></p>		
<p>{ } I assume more personal responsibility than the situations warrant, { } I assign far less responsibility to others than is warranted,</p>	<p>{ } You assume appropriate level of personal responsibility, { } You assign appropriate level of personal responsibility to others</p>	<p>Innocence: freedom from guilt or sin through being unacquainted with evil; blamelessness; chastity, freedom from guilt of a particular crime or offense,</p>
<p style="text-align: center;"><b>Shame; Embarrassed</b></p> 	<p style="text-align: center;"><b>Regret</b></p> 	<p style="text-align: center;"><b>Self-Respect</b></p> 
<p><b>Regret &gt; Same: Self-Respect is the opposite of shame and the opposite of regret</b></p>		
<p>{ } I overestimate the shamefulness of the information revealed, { } I overestimate the degree of disapproval I will receive from others. { } I overestimate the length of time any disapproval will last</p>	<p>{ } You see information revealed in a compassionate self-accepting context, { } You are realistic about the likelihood that others will notice or be interested in the information,</p>	<p>You have pride in your accomplishments, you like yourself without lording it over others.</p>
 <p style="text-align: center;"><b>Morbid Jealousy</b></p>	 <p style="text-align: center;"><b>Jealousy -Concerned about the relationship</b></p>	 <p style="text-align: center;"><b>Not Concerned</b></p>
<p><b>Showing concern about your relationship &gt; Being Morbidly Jealous: The opposite of Jealousy and Concern is not concerned</b></p>		
<p>{ } vigilant in guarding a possession; intolerant of rivalry or unfaithfulness, distrustful of others.</p>	<p>{ } You want to be in a loving relationship, but you are not worthless if you are not in such a relationship. { } Doubt is not the same as despair or desperation.</p>	<p>Not marked interest or regard usually arising through a personal tie or relationship; easy state of blended interest, certainty, and no apprehension,</p>

	<b>Self-Destructive Envy</b>		<b>Envy, Constructive</b>	<b>SORRY, BUT I'M NOT INTERESTED</b>	<b>Not interested, No interest</b>
<b>Constructive Envy &gt; Self-Destructive Envy: The opposite of envy is that you are not interested</b>					
{} painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage; motivates you to get what you covet	{} Another person's possessions and enjoyment of those possessions are often irrelevant to your happiness. {} Your goodness or badness cannot be determined by what another person has.	Having no special interest in topic or issues; no feeling that causes special attention to an object or class of objects something that does not arouse attention			
<b>Obsessional Love</b> 	<b>Resilient Love</b> 	<b>Friendly</b> 			
<b>Resilient Love &gt; Obsessional Love: The opposite of resilient love and obsessional love is being friendly.</b>					
pursue obsessively, deep down inside you feel unwanted; you show excessive devotion without reciprocation; obsessing about love object; excessive anxiety for love object; sacrifice self for love object, can lead to stalking;	<b>Showing concern</b> and caring, considerate, other positive interpersonal emotions; <b>Showing mature respect</b> , responsible, responsiveness; attentiveness, appreciation, acceptance, assertiveness; Resilient love-intimacy and affection; balanced care-concern-confidence; showing affection; having mature attachments,	Likeable, pleasant, agreeable, friendly, approachable, sociable			
	<b>Attention Deficit-Can't Concentrate</b>		<b>Focused- Can Concentrate</b>		<b>Meditative State</b>
<b>Concentrating &gt; unable to Concentrate: The opposite of concentration is being in a meditative state</b>					
Great difficulty sustaining attention; Numerous car accidents; You believe you need immediate gratification; Disorganized; you procrastinate; Easily distracted, off topic, side-tracked; Daydreams too much; mind wonders; Forgetful, losses things easily; careless; Low frustration tolerance;	<b>Focused</b> -follows instructions <b>Focused</b> -follows though <b>Focused</b> -reliable-dependable	Not focusing on anything; alpha state; engage in contemplation; to engage in mental exercise (as concentration on one's breathing or repetition of a mantra)			



<p><b>Active – Hyper Active</b></p> 	<p><b>Active</b></p> 	<p><b>Mindful</b></p> 
<p>Being Active &gt; Being hyper: The opposite of being active and hyper is mindfulness (bearing in mind and being aware and alive.</p>		
<p>“On the go,” frequently Impulsive, reckless, not thinking Can’t sit still, Clowns around too much, silly, brags; Impatient; restless, short of temper; trouble settling at night</p>	<p><b>Active-</b> goals-plans vary <b>Active</b> -goals are realistic and plans are flexible <b>Active-</b> goals and plans reliable <b>Active-</b> productive-constructive</p>	<p>Settled, stable, calm, mindful – being in the here and now – You can’t change the past, but you can learn for the past; You can’t perfectly predict the future, but you can set reasonable goals and plans.</p>
<p><b>Seeking Drama</b></p> 	<p><b>Happy</b></p> 	<p><b>Animated-Enthusiastic</b></p> 
<p>Being Happy &gt; Being Overly Dramatic or Drama: Opposite of being dramatic and happy is being enthusiastic</p>		
<p>Seeking excessive attention by stirring up conflicts. Everything you do seem magnificence; Rapid speech with no need to sleep; Exaggerate your talents; overly excited; expansive-elevated mood; moody, agitated, mood changes easily, irritable; Have to express feelings in a big way. You may you seek out exciting- dangerous activities.</p>	<p><b>Happy</b> and positive; healthy esteem-not inflated <b>Happy</b> and healthy <b>Happy</b>, healthy, and hopeful</p>	<p>Animated: to give spirit and support to; encourage; to give vigor and zest to your actions, to move to action Enthusiastic: strong excitement of feeling; ardor; do work with energy and enthusiasm, something inspiring zeal or fervor</p>
<p><b>Passive Hope</b></p> 	<p><b>Realistic Active Hope</b></p> 	<p><b>Unambitious</b></p> 
<p>Realistic Hope &gt; Passive hope: The opposite of both hopes is being unambitious</p>		
<p><b>Passive Hope</b>; begging, people will save you without any effort on your part; it will come true without any effort or persistence on your part. You wish and hope to transcend the laws of nature, believe anything is possible just by thinking or wishing will make it happen; extreme evaluation and rigid demanding; dependent – you hope people will do it for you. <b>Unrealistic Optimism</b>: you think that good things are more likely to happen to you than to your peers; you have no goals or plans</p>	<p>Hope is to cherish a desire with anticipation; Active – setting realistic goals and making efficient that helps you and won’t hurt others; healthy confidence; having faith it will work; healthy hope is non-demanding. you desire with expectation of obtainment without demanding actualization; you see value in setting goals and making plans; rational faith – helps you to realize your goals</p>	<p>Not concerned about that particular matter; no strong desire to achieve something high or great; unambitious: Ambitious and aspiration mean strong desire for advancement. Ambition applies to the desire for personal advancement or preferment and may suggest equally a praiseworthy or an inordinate desire. Aspiration implies a striving after something higher than oneself and usually implies that the striver is thereby ennobled.</p>



<p style="text-align: center;"><b>Unhealthy Doubt</b></p> 	<p style="text-align: center;"><b>Healthy Doubt</b></p> 	<p style="text-align: center;"><b>Trust- Confidence</b></p> 
<p>Healthy Doubt and critical thinking &gt; suspiciousness and mistrust: the opposite of doubt and suspiciousness is trust</p>		
<p><b>Overly Suspicious:</b> suspecting something wrong without proof or on slight evidence; you feel uneasy; feel uncertain because you are suspecting something is wrong; you see others as being exploiting, harming, or deceiving you without sufficient evidence; you read hidden demeaning or threatening meanings into benign remarks</p> <p><b>Mistrust:</b> you have a growing uncertainty; fear of being hurt or cheated by others; you are reluctant to confide in others because of unwarranted fear that the information will be used maliciously against you;</p> <p><b>Distrust:</b> you see others as being undependable; sees others as disloyal or unfaithful</p>	<p><b>Doubt</b> is a state of affairs giving rise to uncertainty, hesitation, or suspense</p> <p><b>Critical Thinking:</b> you actively and skillfully conceptualize and analyze, synthesize, and evaluate information that reflects reasoning as a guide to belief and action.</p> <p><b>Healthy Skepticism:</b> you have a method of suspending judgment; you have systematic doubt, or criticism; not gullible; not easily duped or cheated; empirical; checks out assumptions and inferences;</p>	<p><b>Trust</b> is having confidence in another person. You commit yourself or entrust to another because you care about that person, and you both have an interest in one another.</p>