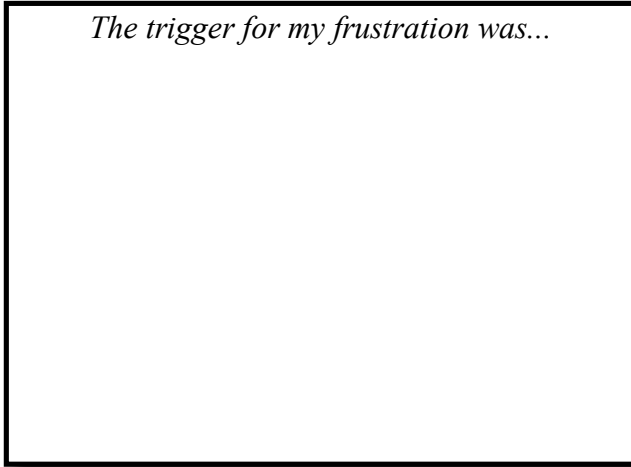


Restructuring Frustrations Exercise

The Components of a Frustrating Event:

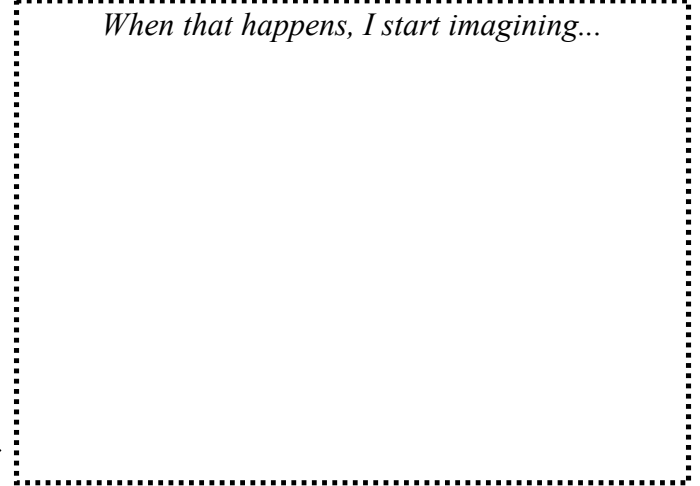
1. Frustrating Event (what actually happened)

The trigger for my frustration was...



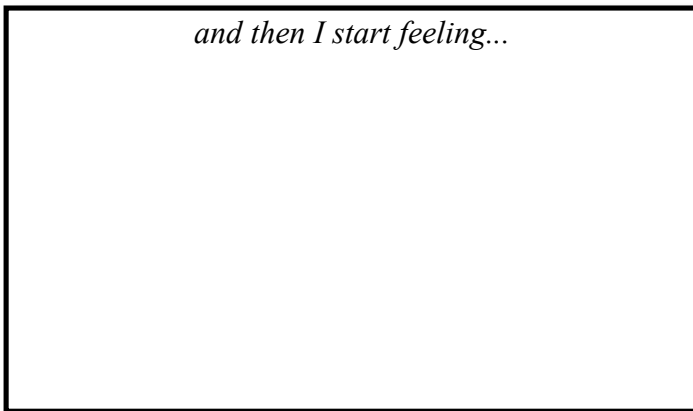
2. Interpretation (meaning, self-talk, beliefs about)

When that happens, I start imagining...



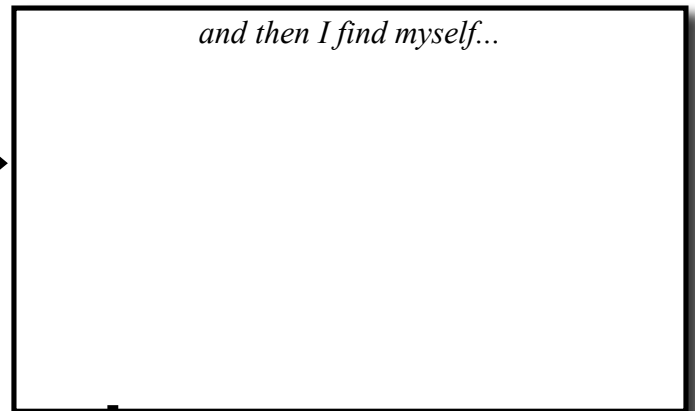
3. Feelings (sad, angry, afraid, hurt, etc.)

and then I start feeling...



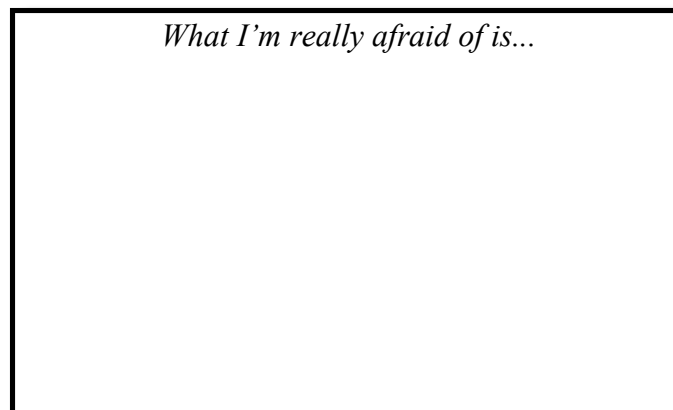
4. Reactive Behavior (actual, typical, automatic response)

and then I find myself...



5. Hidden Fear (fear the reactive behavior muffles)

What I'm really afraid of is...



When you complete this form, enter it into your Workstation ASAP so that the reminder system will be operative.

Restructuring Frustrations Exercise

The History Connection

6. Childhood Memories and Wounds

and all this reminds me of...



7. Childhood Feelings

When that happened, I felt.....

8. Childhood Protections and Coping

I learned to cope and protect myself by...



9. Hidden Need or Desire (usually not met as a child and not being met now)

And so I developed a deep need to be with someone who would....

Go to the next page to write Behavior Change Requests

When you complete this form, enter it into your Workstation ASAP so that the reminder system will be operative.

Restructuring Frustrations Exercise

Non-Demand Behavior Change Requests (NBCR)

10. Write NBCR about Box 1 on Page 1- (Positive, specific, clear, behavioral, time related, doable)

Regarding the trigger, it would be helpful and healing if you would.....

11. Write NBCR about Box 5 on Page 1 - (Positive, specific, clear, behavioral, time related, doable)

Regarding the hidden fear, it would be helpful and healing if you would.....

12. Write NBCR about Box 9 on Page 2- (Positive, specific, clear, behavioral, time related, doable)

Regarding the unmet need, it would be helpful and healing if you would.....

When you complete this form, enter it into your Workstation ASAP so that the reminder system will be operative.

Restructuring Frustrations Exercise

Personal Growth Worksheet

13. Look at Boxes 1 & 3 on RFE Page 1. Acknowledge how your past hurts impact your response.

I want you to know that the intensity of my upset is not all your fault. My sensitivity to the "trigger" behavior comes from...

14. Look at Box 2 on your form (Pg. 1). Note negative interpretations.

Regarding my negative interpretations of you when I was triggered, when I reflect, I see other evidence that the opposite is also true...

15. Looking at the Trigger "through your eyes".

Understanding your history and sensitivities, I can re-interpret the trigger behavior as...

16. Look at Box 4 on RFE Page 1. Consider how you might respond differently to change the experience.

A more conscious, intentional response that would be sensitive to you AND take care of me...

17. Look at Box 5 on RFE Page 1 & Box 9 on Page 2 – What can you do on your own to address the fear and need?

Should you be unable or unwilling at this time to grant my NBCR's my plan for self-care will be...
