Figure 8D

810

meQuilibrium

Discover | Plan | **Act**

Return to Discover

Calming Frustration

Whenever you feel that troublesome frustration coming on, slip into your Calming skill.
Remember the four steps:

Recognize the feeling | Find the thought | Check the thought | Enjoy the Calm

Try to use the skill every day and journal your successes!

Today I found myself feeling frustrated.

Here's what happened:

Here's how I used the Calming Skill:

Of the four steps, here's what I had most difficulty with:

Here's how I was able to break through: