

Understanding & Managing Frustration

Triggers, coping, resilience

Printable worksheet · 7 parts

Name _____ Date _____

Identification, Coping & Building Resilience

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PART 1 OF 7

Understanding

Part 1: Understanding Your Frustration

1. Define how frustration manifests for you:

How does frustration show up...

2. List five common frustrations in recovery:

a. / b. / c. / d. / e.

3. Rate your current frustration level (1-10): 5

Part 2: Physical Response Analysis

4. Check and rate symptoms you experience (1-5):

Muscle tension

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Racing heart

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Shallow breathing

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Restlessness

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Heat/flushing

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Fatigue

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. Where you feel frustration in your body:

6. Identify early warning signs:

Warning signs...

PART 2 OF 7

Triggers

Part 3: Trigger Identification

7. List common triggers:

Recovery-related

Relationship-related

Environment-related

Part 4: Response Pattern Analysis

8. Typical reactions to frustration:

Thoughts

Behaviors

Emotions

PART 3 OF 7

Impact

Part 5: Impact Assessment

9. How frustration affects your:

Recovery practices:

Relationships:

Self-care:

10. Three ways frustration increases relapse risk:

11. Impact on decision-making:

How frustration affects decisions...

Part 8: Cognitive Reframing

18. List frustrating thoughts and reframe:

Thought 1: Original: ___ Reframe: ___ / Thought 2: Original: ___ Reframe: ___ / Thought 3: Original: ___ Reframe: ___

19. Create balanced perspectives:

Situation 1: / Situation 2: / Situation 3:

20. Develop reality-testing questions:

Questions to test my thinking...

PART 4 OF 7

Coping

Part 6: Coping Strategy Development

12. Rate effectiveness of current strategies (1-5):

Deep breathing

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Physical exercise

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Talking to support

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Time alone

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Journaling

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. New strategies to try:

14. Create implementation plan:

Strategy 1: When/How: / Strategy 2: When/How: / Strategy 3: When/How:

PART 5 OF 7

Mindfulness

Part 7: Mindfulness Integration

15. Create mindfulness practices:

Quick (1-2 min)

Medium (5-10 min)

Extended (15+ min)

16. Grounding techniques:

17. Develop awareness exercises:

Awareness exercises...

PART 6 OF 7

Support

Part 9: Support System Utilization

21. List support resources:

Name: ___ Role: ___ Contact: ___ / Name: ___ Role: ___ Contact: ___ / Name: ___ Role: ___ Contact: ___

22. Create outreach plan:

When to reach out: / What to say: / Type of help needed:

23. Ways others can help:

How others can support...

Part 11: Crisis Response

27. Step-by-step plan for intense frustration:

Step 1: / Step 2: / Step 3:

28. Emergency contacts:

Name: ___ Number: ___ Times: ___

29. Crisis phrases/mantras:

Calming phrases...

PART 7 OF 7

Resilience

Part 10: Prevention Planning

24. Ways to prevent frustration buildup:

25. Daily maintenance plan:

Morning: / Afternoon: / Evening:

Part 13: Building Resilience

33. Strength-building practices:

34. Create resilience routines:

Daily: / Weekly: / Monthly:

Part 14: Commitment and Reflection

40. What have you learned about managing frustration?

41. How will better frustration management support recovery?

42. Create three calming affirmations:

43. Final commitment statement:

I commit to...

Remember: Frustration is a normal part of recovery, but it doesn't have to control your journey. With practice and patience, you can develop effective ways to manage frustration and maintain your recovery progress.