Low Frustration Tolerance CBT Imagery Guides

For CBT Therapists and Engaged Learners:

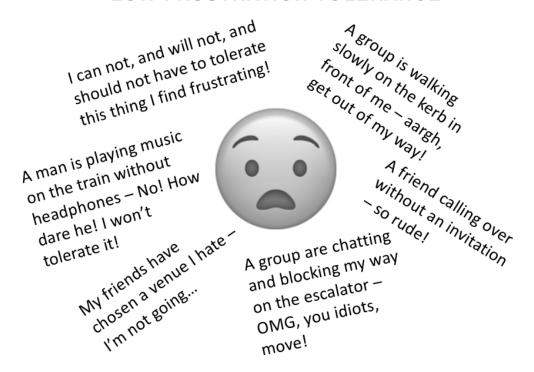


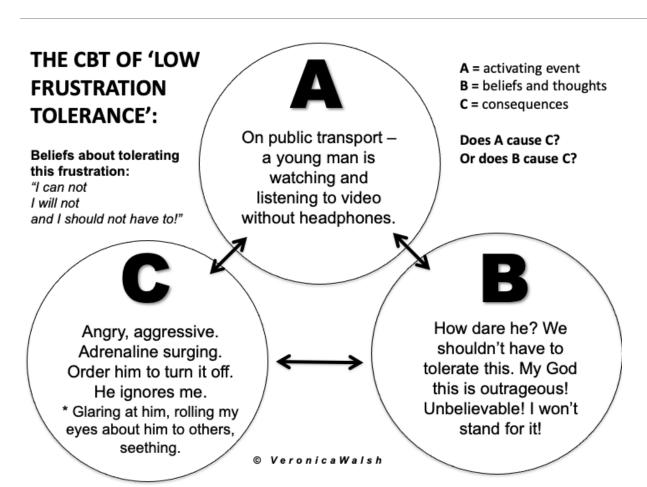
Check out these Low Frustration Tolerance (LFT) bad thinking habit examples (that give bad outcomes!) – and see how they can help you map your own LFT bad habits – to build awareness and self-regulation as part of your CBT toolbox... and reframe to a high frustration tolerance habit instead...

Stress "I cannot, Over the top hormones will not, and A frustrating negative surge should not thing dramatic overly have to behavioural happens negative tolerate response emotions this!" © VeronicaWalsh CBT resources I don't get a They reply saying "How dare reply all day I send a very they were tied up they! I cannot, Stress long and very on WhatsApp and had been I will not, and I dramatic hormones from the planning to should not message about surge – rage and upset contact me person I'm have to my thoughts and tomorrow - but newly dating, feelings about tolerate this they think it's best but I can see this event behaviour!" to end things now. they're online © Veronica Walsh CBT resources I scream and

They're crying Stress "I cannot. I shout abuse The kids and shouting hormones will not, and I at them and have left back - and the surge should not turn the wifi the kitchen littlest is aggressively have to off and tell shaking for in a mess tolerate this!" angry them to go to hours. their rooms

LOW FRUSTRATION TOLERANCE





Thought stop – change your self-talk, be cool, be rational – breathe it down, regulate your body and regulate your emotions – choose a different response – "How can I get what I want? Will reacting in a hot over the top way get me what I want? Or will I take a different approach..." Change your thinking with simple reframes: "I would PREFER it if I didn't have to tolerate this, but I CAN actually tolerate it, so it's a bit silly to DEMAND that it not be happening and have rage – sometimes it is what it is... I might as well demand that the sun doesn't rise in the morning – I don't have supreme entitlement to never be frustrated... And I may be overthinking it..."

Know what you can control and what you cannot control. Examine the evidence for your thoughts and beliefs – is there any evidence against them? Are you working off rigid inflexible 'rules' of how you think people and things SHOULD and MUST be, or you will not tolerate them? Might it be better if you replaced them with flexible realistic PREFERENCES based on facts instead? Feelings are not facts – unhealthy anger is not very useful in most situations... What would an emotionally intelligent response to a situational anxiety or annoying situation be? Maybe do that instead... Dismantle bad habits with CBT.

(Find more free downloadable CBT resources at iVeronicaWalsh.wordpress.com