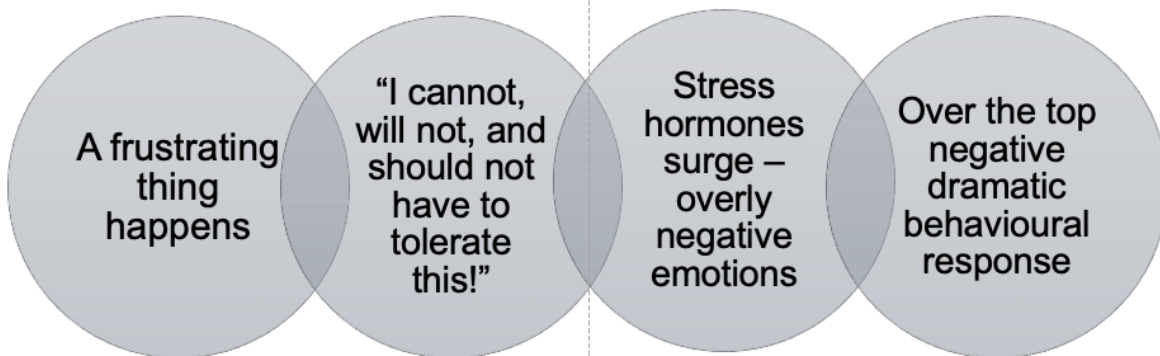


# Low Frustration Tolerance CBT Imagery Guides

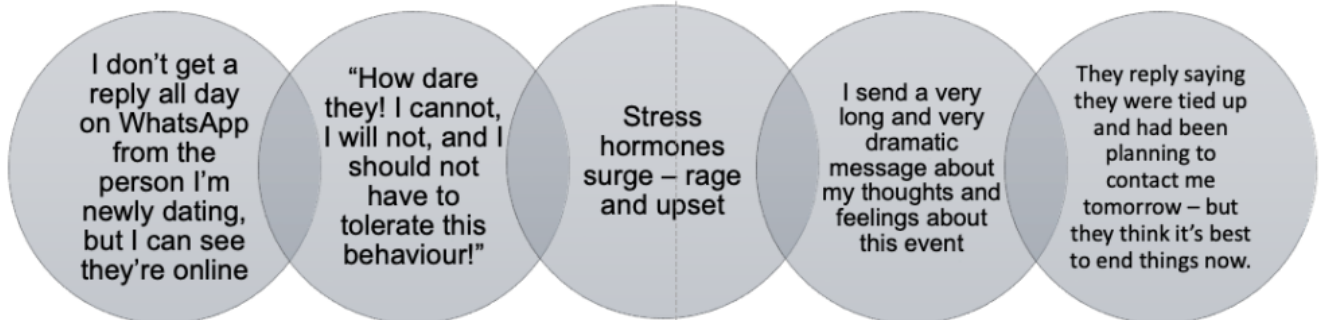
For CBT Therapists and Engaged Learners:

**LOW  
FRUSTRATION  
TOLERANCE**

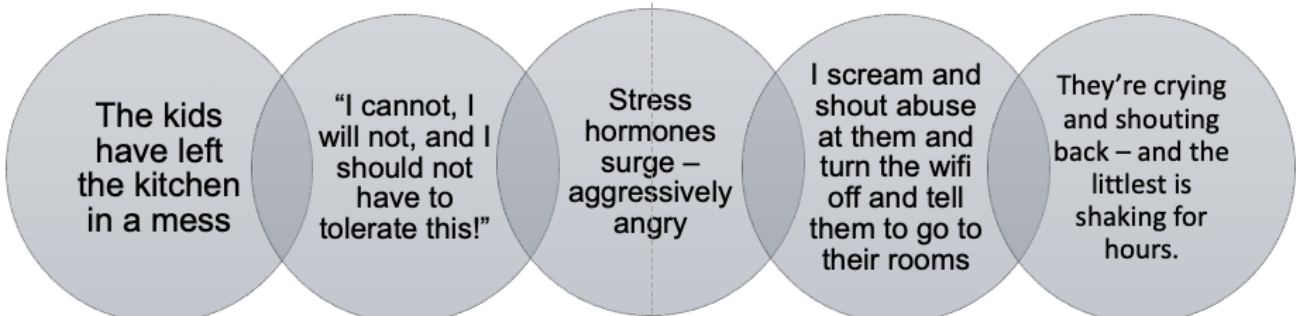
Check out these Low Frustration Tolerance (LFT) bad thinking habit examples (that give bad outcomes!) – and see how they can help you map your own LFT bad habits – to build awareness and self-regulation as part of your CBT toolbox... and reframe to a high frustration tolerance habit instead...



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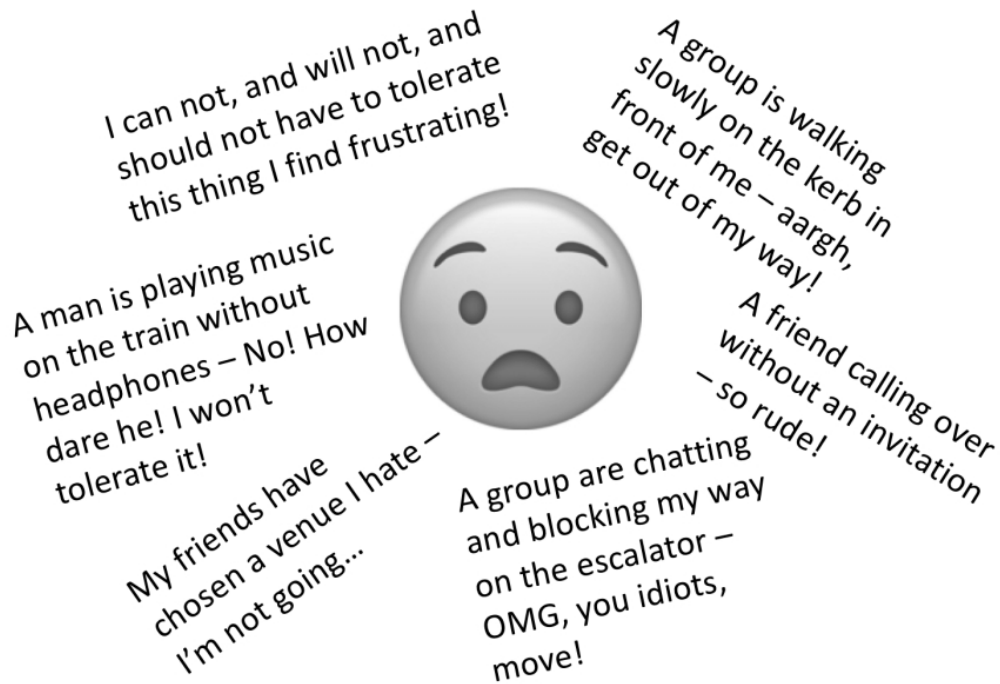


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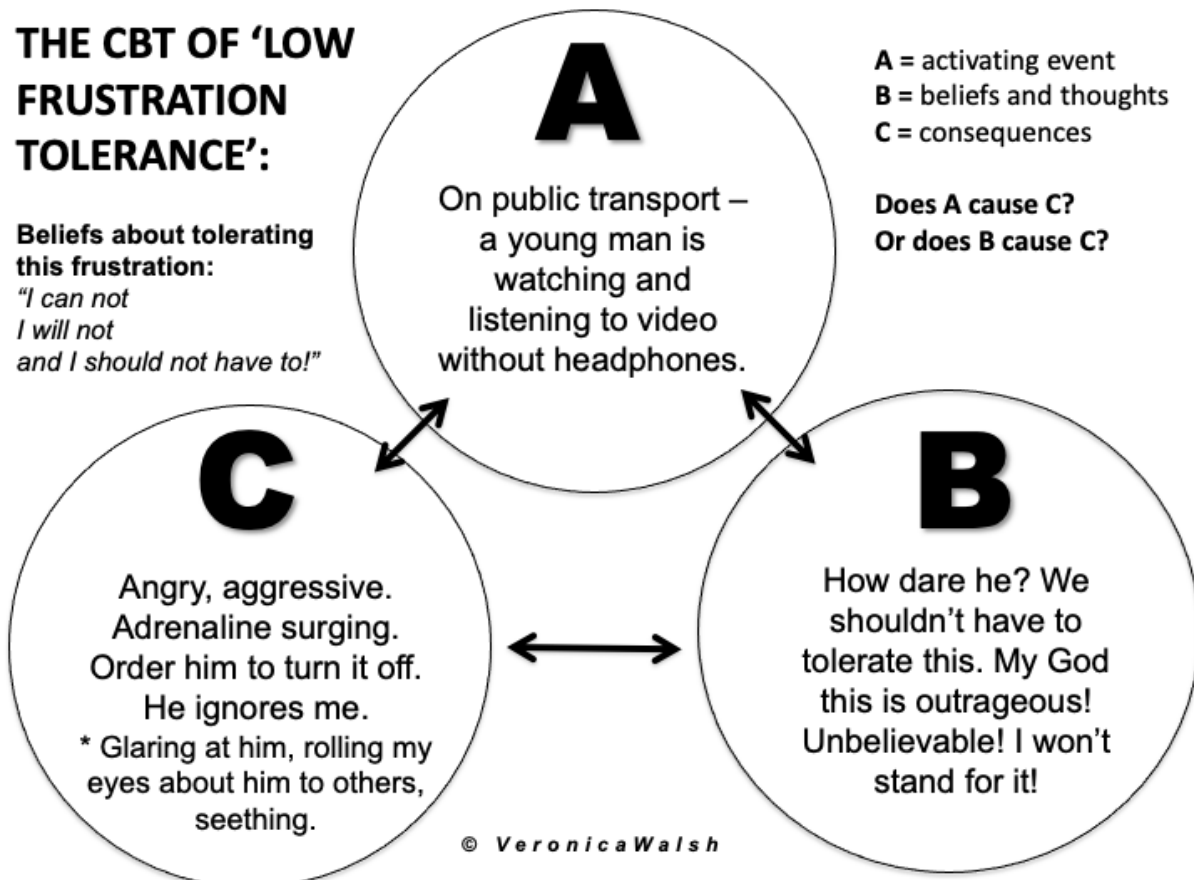
## LOW FRUSTRATION TOLERANCE



### THE CBT OF 'LOW FRUSTRATION TOLERANCE':

**Beliefs about tolerating this frustration:**

*"I can not  
I will not  
and I should not have to!"*



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...”

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*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.*

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(Find more free downloadable CBT resources at [iVeronicaWalsh.wordpress.com](http://iVeronicaWalsh.wordpress.com))