

Tolerating frustration

1. Do you want to find out how well you tolerate frustration? Complete this test with the closest answer to how you feel.

1. You are playing a game of cards with your friends. You are winning, but at the last moment, your luck changes and, finally, you lose the game.

You think ...

- a. It doesn't matter. It's been an exciting game. I've had a great time.
- b. Well, in cards there's always an element of luck and mine has certainly been quite bad.
- c. The same thing always happens to me; I can never finish anything well. What a pain. I don't think I'm going to play cards again.



2. This afternoon you have arranged to go to the cinema with your friends. You are

going to the premiere of the latest release from your favourite film series. After a long time queuing, it is eventually your turn, but you are told that there are no tickets left for you to sit together. There are only separate tickets available. Together you discuss the options. You think ...

- a. We came together to watch the film and we have to sit together. As there aren't any free seats, let's go. There's no way to fix this. It's been a disaster.
- b. Well, we can come back tomorrow a bit earlier and try again. What do you think?
- c. We could sit separately ... it's not ideal, for sure, and it won't be as much fun, but at least we will be able to see the film today.

3. After a long day at school, you go home. You are tired and, most of all, hungry. But when you arrive, you realise that you haven't got your keys with you. You ring the doorbell and nobody responds. You call your parents on the phone, but they don't answer. How do you react?

- a. Well, I'm very angry. I bang the door and then I go back to the street fuming mad.
- b. I sit down and wait in the doorway. In the meantime, I continue calling my parents every three minutes to see if they pick up.
- c. Nothing, if there isn't anyone there, what can you do? I look for a euro that I have in my backpack and I go to the bakery and buy myself a bun so that I'm not hungry. I will have to wait, but at least I have something to eat. It's not like it's the first time that I've forgotten my keys.

4. Today you have planned to go on an outing with your friends. Somebody very special, who you are really looking forward to seeing, is also going. But when you wake up, it is pouring down and it doesn't look good. One of your friends calls you and suggests cancelling the trip. You answer ...
- a. Yes, it really would be the most sensible thing to do. How about we all meet at my house this afternoon and we watch Netflix? We can go on an outing another Saturday.
 - b. No way, we have to go, we have to go. This can't be happening. We have to go out anyway. We can't cancel the outing.
 - c. Well, OK. It certainly seems like it's going to be a horrible day.
5. In a restaurant, you ask for a Mexican dish and you politely ask the waiter not to add any coriander to it. However, when they bring you the dish, you realise that they have forgotten your request and the dish has coriander in it. How do you react?
- a. You are furious. You criticise the waiter and tell him to take the dish away.
 - b. You point out to the waiter what has happened and politely ask him to change the dish for another one.
 - c. You take the coriander off yourself and you eat the dish without saying a word.

Now, get your score using this table.

Question 1 a = 3 b = 2 c = 1

Question 2 a = 1 b = 3 c = 2

Question 3 a = 1 b = 2 c = 3

Question 4 a = 3 b = 1 c = 2

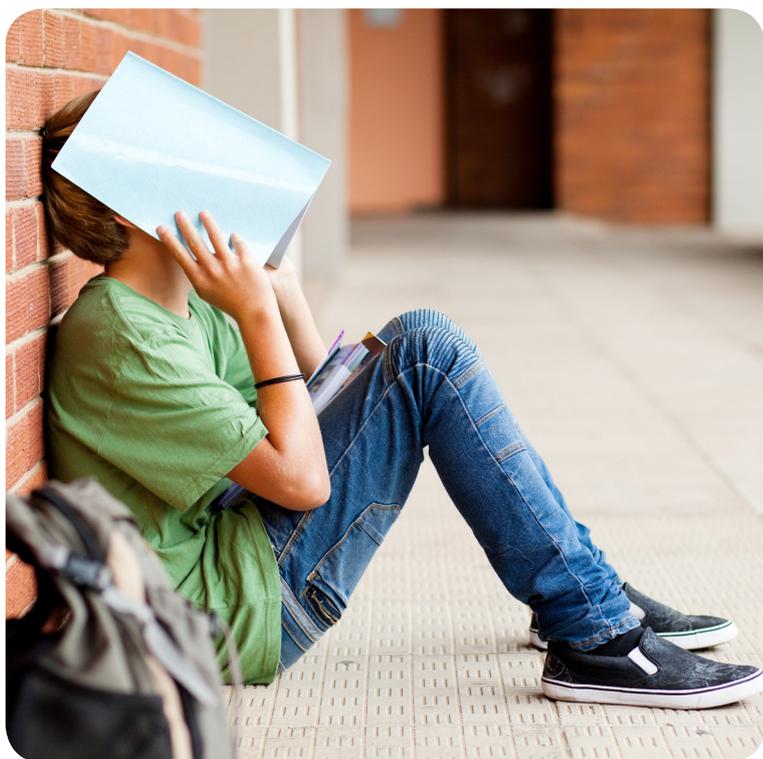
Question 5 a = 1 b = 2 c = 3

My score is points.

Between 5 and 8 points: In general, you don't seem to tolerate frustration very well. Try to find the most positive aspects in situations and maybe this will help you cope with them better.

Between 9 and 11 points: You usually tolerate frustration, although you still focus on the negative aspect of a situation too much.

Between 12 and 15 points: You tolerate frustration very well and you also know how to redirect situations and attitudes towards a positive outcome.



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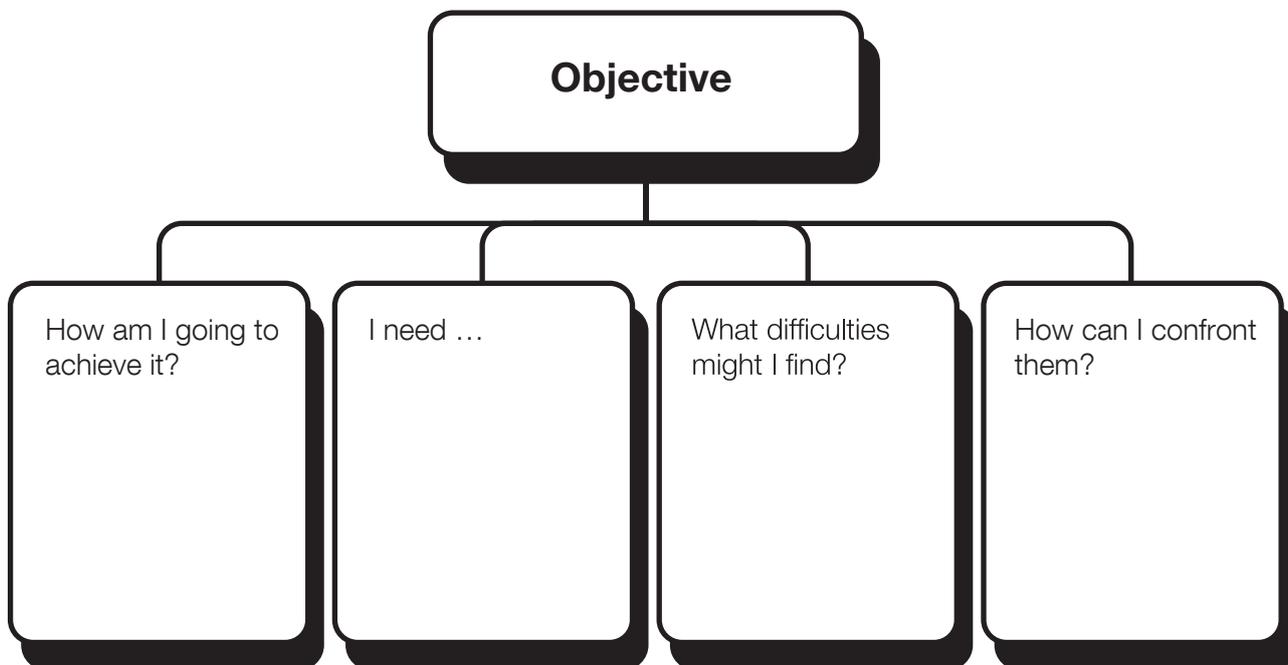
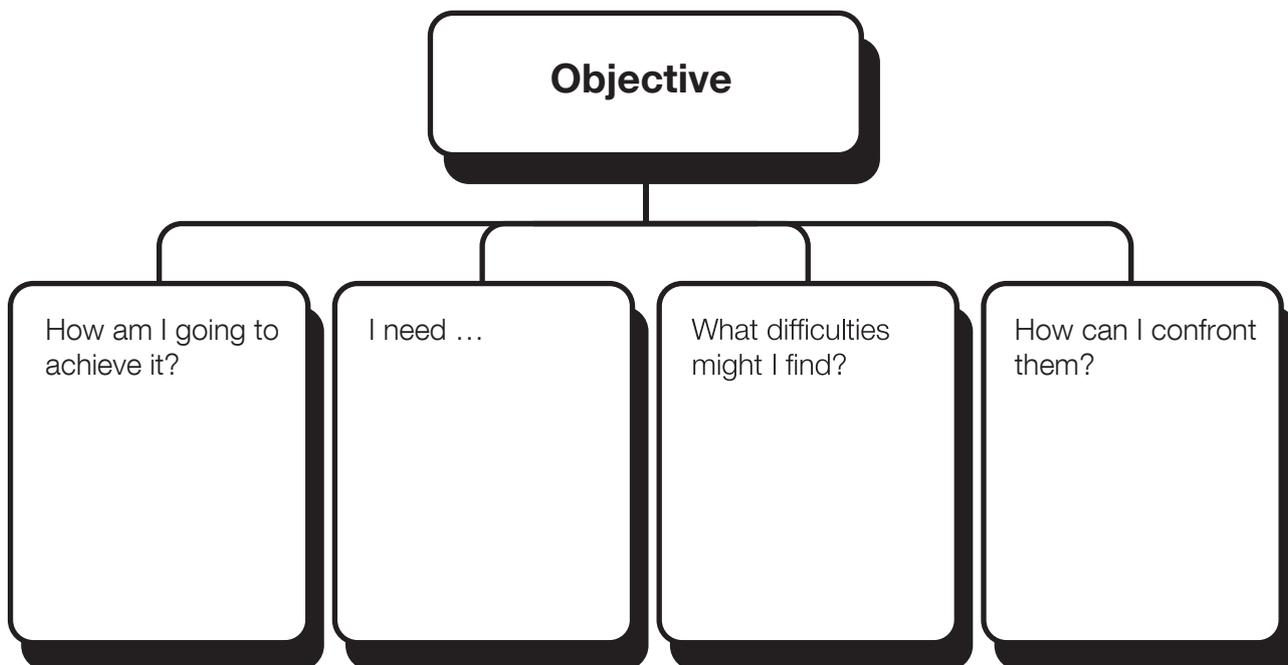
- 2. When we get frustrated, we usually look at everything very negatively. We can try to redirect our thoughts and feelings towards a more positive vision. Read the statements below and look for a positive way of confronting the situation.**

Situation	Negative vision	Positive vision
You try to dive into the swimming pool and it doesn't turn out well.	I'll never be able to do it!	I have to practise more!
The supermarket has run out of your favourite dessert.	That always happens to me!	
You break a glass.	I drop everything!	
You lose your mobile phone.	I'm hopeless.	
You fail an exam.	I'll never pass Bachillerato.	

Now continue the table with situations that you have experienced and negative and positive expressions that you have heard.

Situation	Negative vision	Positive vision

3. You can cope with frustration if you prepare yourself for it. In a diagram like the one below, analyse in pairs one objective each that is really important for you to achieve. This way you will be preparing yourself for possible difficulties.



Emotional competences:

Tolerating frustration. Develop the capacity to create positive emotions yourself and enjoy life.