

DEALING WITH FRUSTRATION IN A RELATIONSHIP

Directions

Everyone feels frustration at some time, and you may feel that some of your frustration is caused by your partner or spouse. You may feel like confronting your partner or spouse, or even getting angry, but making another person feel badly doesn't help reduce your frustration. This worksheet is designed to help you communicate what bothers you in a more positive way. Work on expressing your feelings and communicating what you want without blaming your partner or spouse. Take responsibility for your own behavior. Communicate what you want and work towards new solutions to the things that frustrate you.

1. When you: _____
I feel: _____
I usually react by: _____
What I really want is: _____
2. When you: _____
I feel: _____
I usually react by: _____
What I really want is: _____
3. When you: _____
I feel: _____
I usually react by: _____
What I really want is: _____
4. When you: _____
I feel: _____
I usually react by: _____
What I really want is: _____
5. When you: _____
I feel: _____
I usually react by: _____
What I really want is: _____