



# HOW TO HANDLE FRUSTRATION TRIGGERS

WHEN I AM ABLE TO RECOGNIZE SITUATIONS AND PATTERNS THAT MAKE ME FEEL FRUSTRATION, I CAN CHANGE THE WAY I APPROACH THEM AND CHOOSE HOW I WANT TO RESPOND. GO ME!

THINGS THAT MAKE ME FRUSTRATED AT HOME

WHAT I PLAN TO DO WHEN THEY HAPPEN

THINGS THAT MAKE ME FRUSTRATED AT SCHOOL

WHAT I PLAN TO DO WHEN THEY HAPPEN

WHEN I AM ASKED TO DO SOMETHING I DON'T WANT TO DO, I SOMETIMES

MY PLAN FOR RESPONDING TO SOMETHING I DON'T WANT TO DO

GRATEFUL THINGS I CAN THINK OF WHEN I FEEL FRUSTRATED

- 1.
- 2.
- 3.

