

The Frustration Solution

Posted by selfloathing - 17 Sep 2015 16:57

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Hey All,

I wanted to get some advice for one of my triggers, frustration and anger.

When I get into a fight with the Mrs., a client, failing at a project, etc. I usually end up back in the muck.

What are alternate, healthy, means of dealing with these situations? What has worked for you?

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Re: The Frustration Solution

Posted by waydown - 17 Sep 2015 17:08

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Finding other kosher fun outlets. Exercise, gym, a ball game, listening or watching a kosher movie, just shmuzing with a friend, bike riding.

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Re: The Frustration Solution

Posted by eslaasos - 17 Sep 2015 17:30

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[selfloathing wrote:](#)

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What worked for me was acceptance, but it took a while until I understood it.

For me, it wasn't only the cause of the frustration, it was more about what the situation, both the external issue and my reaction to it, said about *me*. Any stress point became a reminder of my overall failure as a human being, father, husband etc. Once I learnt how to accept that I am a person with value who messed up and is not perfect, it relieved half the pressure, allowing me to save my mental energy for the actual situation, and most times I was able to respond more productively. Took a while to internalize.

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Re: The Frustration Solution

Posted by cordnoy - 17 Sep 2015 18:46

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[eslaasos wrote:](#)

[selfloathing wrote:](#)

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Great stuff!

Have you been readin' a book?

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Re: The Frustration Solution

Posted by eslaasos - 17 Sep 2015 18:52

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[cordnoy wrote:](#)

[eslaasos wrote:](#)

[selfloathing wrote:](#)

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No, books can hurt my eyes, depending on the book. I learnt that in therapy. On the other hand I do try to listen to some guy reading from a book most days at 1.20

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Re: The Frustration Solution

Posted by cordnoy - 17 Sep 2015 18:59

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[eslaasos wrote:](#)

[cordnoy wrote:](#)

[eslaasos wrote:](#)

[selfloathing wrote:](#)

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7's are wild!

Spin dat wheel!

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Re: The Frustration Solution

Posted by Mkhel613 - 17 Nov 2015 01:59

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[eslaasos wrote:](#)

[selfloathing wrote:](#)

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Wise words

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Re: The Frustration Solution

Posted by markz - 17 Nov 2015 02:26

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Welcome Wise Man!

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Re: The Frustration Solution

Posted by guardyoureyesds - 17 Nov 2015 10:37

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I'm not quite in your situation, but I understand stress, especially when it comes from other people. What I try to do is remember to organize my goals and values in life. What matters more, the fight/stressful situation I'm currently in, or the job I need to finish? In my case, I have nasty partners for a school work project, but I try to remember that my goal is to graduate and deal with the stupid situation.

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Re: The Frustration Solution

Posted by Shlomo24 - 17 Nov 2015 19:01

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for me what helps is to remember that god runs the world and he loves me dearly so anything that happens to me must be for the best. that usually takes the edge off whatever is happening and then i can get down as to what actions i should do to help myself. i usually would call someone to vent and not let it fester and see what they say to do, many times the solution is obvious but in when i am stuck in my head i don't think straight.

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