Listening Ear Counselling Clinic - Frustration Discomfort Scale (FDS)

Name   **Date**

Instructions:

Listed below are a number of com3n thoughts and beliefs that people may have when they are distressed or frustrated. Please read each statement and decide how well this usually describes your own beliefs. Circle the number that best indicates the strength of this belief.

Absent	Mild	Moderate	Strong	Very Strong
1	2	3	4	5

#	Statement					
1	I need the easiest way around a problem; I can't stand making a hard time of it	1	2	3	4	5
2	I can't stand having to wait for things I would like <u>now</u>	1	2	3	4	5
3	I absolutely must be free of disturbing feelings as quickly as possible; I can't bear if they continue	1	2	3	4	5
4	I can't stand being prevented from achieving my full potential	1	2	3	4	5
5	I can't stand doing tasks that seem too difficult	1	2	3	4	5
6	I can't stand it if people act against my wishes	1	2	3	4	5
7	I can't bear to feel that I am losing my mind	1	2	3	4	5
8	I can't bear the frustration of not achieving my goals	1	2	3	4	5
9	I can't stand doing tasks when I'm not in the mood	1	2	3	4	5
10	I can't bear it if other people stand in the way of what I want	1	2	3	4	5
11	I can't bear to have certain thoughts	1	2	3	4	5
12	I can't tolerate lowering my standards even when it would be useful to do so	1	2	3	4	5
13	I can't stand having to push myself at tasks	1	2	3	4	5
14	I can't tolerate being taken for granted	1	2	3	4	5
15	I can't stand situations where might feel upset	1	2	3	4	5
16	I can't bear to move on from work I'm not fully satisfied with	1	2	3	4	5
17	I can't stand the hassle of having to do things right now	1	2	3	4	5
18	I can't stand having to give into other people's demands	1	2	3	4	5

	Absent =1 Mild=2 Moderate=4 Strong=4 Very Strong=5					
19	I can't bear disturbing feelings	1	2	3	4	5
20	I can't stand doing a job if I'm unable to do it well	1	2	3	4	5
21	I can't stand doing things that involve a lot of hassle	1	2	3	4	5
22	I can't stand having to change when others are at fault	1	2	3	4	5
23	I can't get on with my life, or be happy, if things don't change	1	2	3	4	5
24	I can't bear to feel that I'm not on top of my work	1	2	3	4	5
25	I can't stand having to persist at unpleasant tasks	1	2	3	4	5
26	I can't tolerate criticism especially when I know I'm right	1	2	3	4	5
27	I can't stand to lose control of my feelings	1	2	3	4	5
28	I can't tolerate any lapse in my self-discipline	1	2	3	4	5

SUB-SCALE SCORING KEY

Subscale	QNo	QNo	QNo	QNo	QNo	QNo	QNo	TOTAL
Discomfort intolerance	1	5	9	13	17	21	25	
Entitlement	2	6	10	14	18	22	26	
Emotional Intolerance	3	7	11	15	19	23	27	
Achievement	4	8	12	16	20	24	28	
TOTAL								