



When you complete this form, enter it into your Workstation ASAP so that the reminder system will be operative.

RFE Form Page 1

Restructuring Frustrations Exercise
The Components of a Frustrating Event:

1. Frustrating Event (what actually happened)

The trigger for my frustration was...



2. Interpretation (meaning, self-talk, beliefs about)

When that happens, I start imagining...

3. Feelings (sad, angry, afraid, hurt, etc.)

And then I start feeling...



4. Reactive Behavior(actual, typical, automatic response)

And then I find myself...



5. Hidden Fear(fear that reactive behavior

What I'm really afraid of is...

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Restructuring Frustrations Exercise

Non-Demand Behavior Change Requests (NBCR)

10. Write NBCR about Box 1 on Page 1 (Positive, Specific, Clear, Behavioral, Time Related, Doable)

11. Write NBCR about Box 5 on Page 1 (Positive, Specific, Clear, Behavioral, Time Related, Doable)

12. Write NBCR about Box 9 on Page 2 - (Positive, Specific, Clear, Behavioral, Time Related, Doable)

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Restructuring Frustrations Exercise

Personal Growth Worksheet

13. Look at Boxes 1 & 3 on RFE Page 1. Acknowledge how your past hurts impact your response.

I want you to know that the intensity of my upset is not all your fault. My sensitivity to the "trigger" behavior comes from...

14. Look at Box 2 on your form (Pg. 1) Note negative interpretations.

Regarding my negative interpretations of you when I was triggered, when I reflect, I see other evidence that the opposite is also true...

15. Looking at the Trigger "through your eyes".

Understanding my history and sensitivity, I can re-interpret the trigger behavior as...

16. Look at Box 4 on RFE Page 1. Consider how you might respond differently to change the experience.

A more conscious, intentional response that would be sensitive to you AND take care of me...

17. Look at Box on RFE Page 1 & Box 9 on Page 2 — What can you do on your own to address the fear and need?

Should you be unable to unwilling at this time to grant my NBCR's my plan for self-care will be...

\Restructuring Frustrations Exercise

The History Connection

6. Childhood Memories and Wounds
And all this reminds me of...

7. Childhood Feelings
When that happened, I felt...

8. Childhood Protections and Coping
I learned to cope and protect myself by...

9. Hidden Need or Desire (usually not met as a child and not being met now)
And so, I developed a deep need to be with someone who would...

Write Behavior Change Requests: