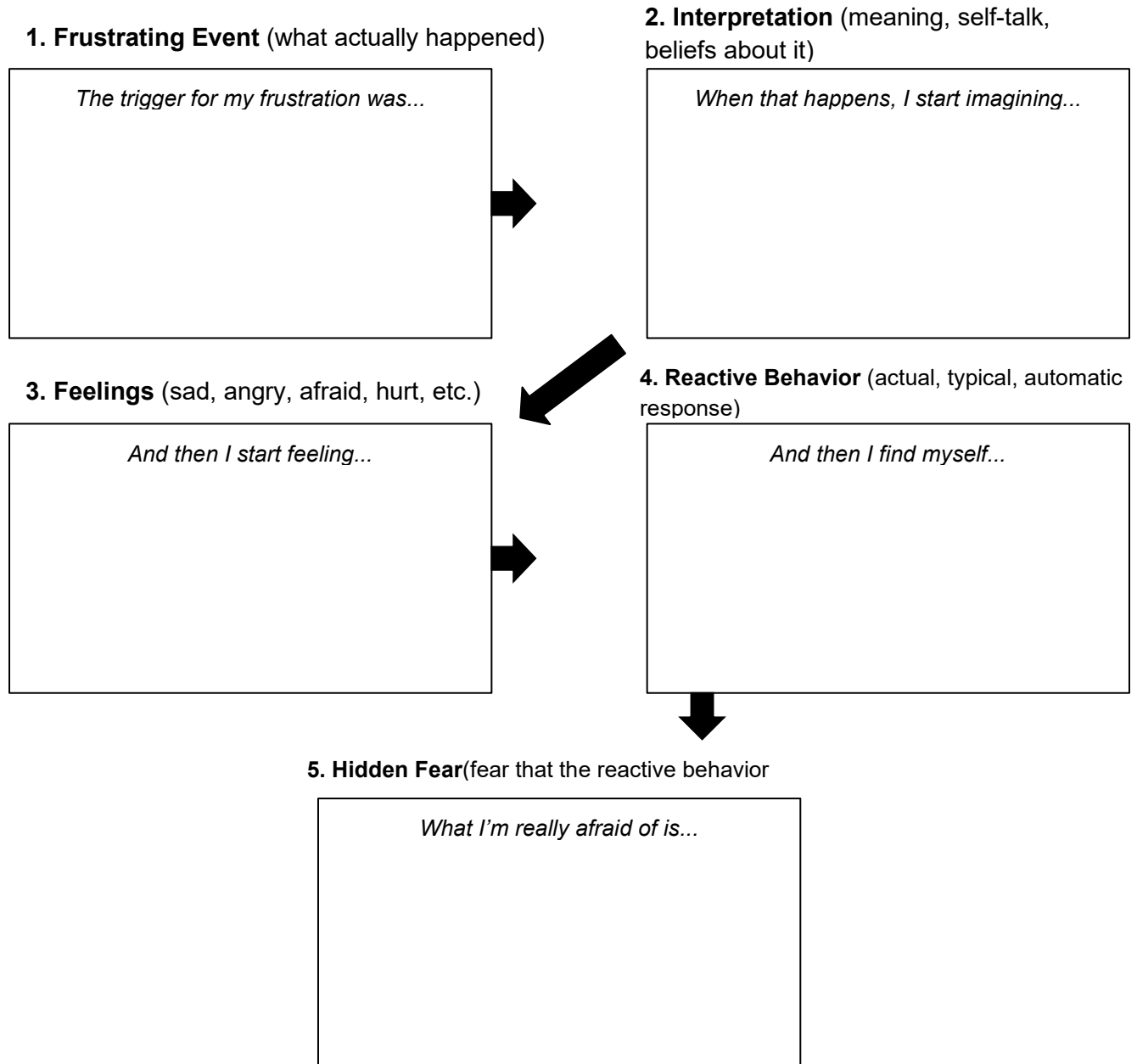




Restructuring Frustrations Exercise

The Components of a Frustrating Event:



Restructuring Frustrations Exercise

The History Connection

6. Childhood Memories and Wounds

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).

As a result, I developed a deep need to be with someone who would

Restructuring Frustrations Exercise Processing Instructions

Non-Demand Behavior Change Requests (NBCR)

10. Write NBCR about Box 1 (positive, specific, clear, behavioral, time-related, doable)

11. Write NBCR about Box 5 (positive, specific, clear, behavioral, time-related, doable)

12. Write NBCR about # 9 (positive, specific, clear, behavioral, time-related, doable)

Restructuring Frustrations Exercise Insights

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 5 on RFE Page 1 & question #9 on Page 2 — What can you do on your own to address the fear and need?

Should you be unable or unwilling at this time to grant my NBCRs, my plan for self-care will be