

## Frustration Chart

We put up with a lot of things in our life, and putting up with them day in and day out drains our energy. All of us are tolerating more than we think. If you don't take care of these things they will continue to bother you and eat at you every time you notice them. Over time we adapt to frustrating things but they continue to bother us even though we are not consciously aware of them. When we identify and remove them we are filled with energy.

Examples: missing button on a shirt, fence that needs to be painted, car noises, friend doesn't return phone calls, burnt out light bulb, slow computer, clutter

Look for frustrations at work (environment, conditions, compensation, co-workers, manager, hours, tasks), in your relationships (with spouse, children, friends, relatives), and with yourself (criticism, behaviours, habits, kitchen, bedroom, living room, closets, vehicle, computer, appearance). Pivotal frustrations are those things that, once handled, will eliminate several other ones. For example, consider carefully whether you should take on new responsibilities or projects before giving an easy "yes". Plan for a change in job or career if your job has become unbearable. If you don't like taking clothes to the drycleaners, try to buy clothes that can be washed in the delicate cycle. Consider hiring someone to fix, clean or organize things that are bothering you.

### 4-Step Approach

1. Identify and list things that bother you and you'd like to change.
2. For each frustrating situation, sort according to *HELP* (Hard, Easy, Live with it, Pivotal)
3. For each one, identify an action using the 7Ds (Do it, Dump it, Delegate it, Discuss it, Divide it, Deal with it, Due date it)
4. Take it a step further by defining the "how" after the 7D and list it under the action column.

What needs to be changed?	H-E-L-P	Do	Dump	Delegate	Discuss	Divide	Deal	Date	Action	Done!

