

FRUSTRATED



Contain frustration by staying in the moment.

What it's about; what it does for us...

...Feeling blocked from doing what we want; it jostles us to do something to try to sort the problem.

We feel this when...

...we are blocked from getting on with things, for example, when the computer goes very slowly.

It makes us...

...try to sort the problem and remove what is stopping us, or give up, or get back at the person or thing that is blocking us.

ME FIRST
QUADRANT



ANNOYED ZONE

