

Turning Frustration Into Motivation

Five steps to understand what you're experiencing—and choose what to do next.



When frustration keeps looping

Something doesn't go the way you expected.

You replay it. Talk about it. Wait for it to change.

Start by noticing the loop.



01 Notice yourself

What do you notice in your body?

What are you feeling?

What are you thinking—and doing?

Name what's happening. Get specific.



02 Don't make yourself wrong

You're already frustrated.
Judging yourself adds another layer.

Acknowledge what you feel.
Give yourself room to be here.

03 Separate the event from the story

OBSERVATION

The team missed the deadline.

INTERPRETATION

I'm the only one who cares.

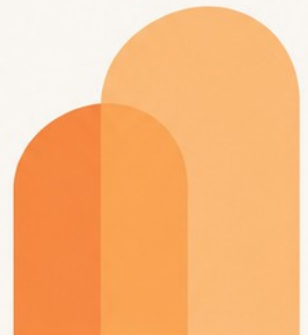
See both. Keep them distinct.



04 Change the question

A question can keep your attention on what others should change.

Or help you see what you can do next.



Notice the questions you're asking

Why do they keep doing this?

When will someone fix it?

Who's responsible for this mess?

Where do these questions leave
your power to act?



Bring the question back to your agency

What can I influence here?

How can I approach this?

What do I need to clarify?

You can still feel frustrated—and take a useful step.



Same situation. A different next step.

Why do they keep missing deadlines?

→ What can I clarify before the next handoff?

When will I get a job?

→ What can I improve in my search this week?

Who messed this up?

→ How do we address what happened?



05 Observe. Reflect. Iterate.

OBSERVE

What happened after you tried something different?

REFLECT

What helped? What did you learn?

ITERATE

Adjust your approach. Try again.



You don't have to wait for the feeling to disappear.

Things won't always go your way.

You can acknowledge that, feel what you feel,
and choose your next move.

Be patient with yourself. This takes practice.



Start with one situation.

Notice what's happening inside you.
Separate what happened from your story.
Ask one question that helps you act.

What can I do next?

Continue the work with Nada
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