

E BOOK ON
Frustration

Written by :

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You may have seen people becoming very edgy at specific times. They don't stop showing their feelings and can become very rude or disappointed when their choices are not fulfilled or their needs are not met as they want them to be.

They can express unhappiness about something that has not gone right, be angry at the lack of response from their partner, or even experience mood swings that display distinct feelings or emotions.

You might shout when you come home tired from work, slap your child when they disturb you, or even argue with your spouse to express your frustration with certain aspects.

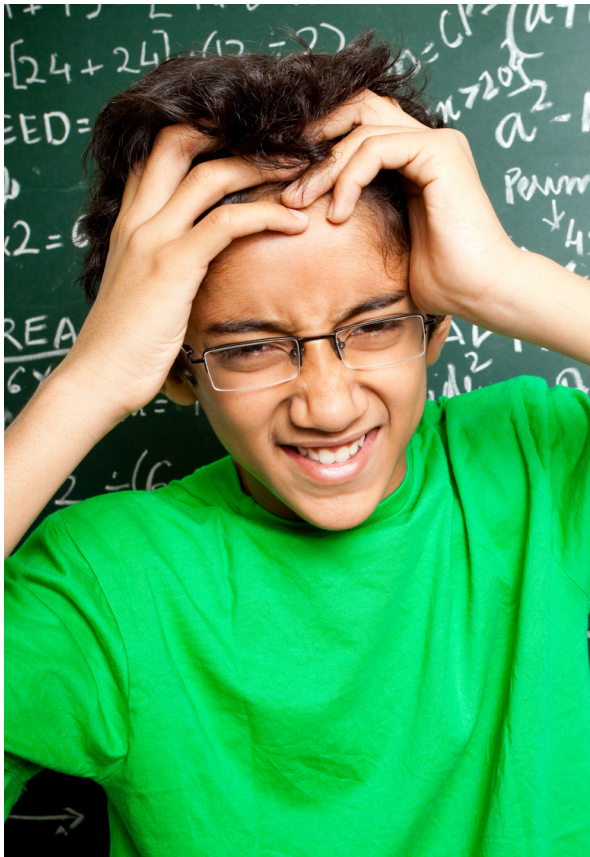
This is where frustration comes in; they are unable to contain or clearly express how they want things to be, and when things don't work out, frustration turns into anger with severe consequences.

It gives them a rush in their lives to showcase anger or even resort to physical violence when their needs are not met. They become frustrated due to their inability to achieve their goals or obtain positive results, which highlights the underlying frustration.

Meaning

Frustration is defined as an emotional feeling and a mental state in which a person is dissatisfied with not achieving a desired goal, leading to a surge of angry emotions.

It can be concerning when things start to become critical because frustration can put you under pressure. It is a mental condition where you may lose control of your emotions and can even become violent if it starts to consistently impact you.



In this state, your mind stops considering what is right or wrong, and it may compel your body to act randomly. You may find yourself using swear words or engaging in physical movements to try to calm yourself or even wanting to break or hit certain people in front of you.

The problem with frustration is that you cannot simply get rid of it; its influence is more troublesome than its mere presence. It can suddenly decrease or increase, greatly affecting your life.

Frustration is essentially a state of mind, an emotional presence where you desire to escape pain, anger, or the loss of certain elements that make the situation critical. How you handle it depends on the cause of your frustration.

Symptoms

Some sure signs or symptoms can define frustration, where you can feel the precise nature of it affecting your life.

These factors are part of your life or can influence you in some way or another, as symptoms drive frustration, making it challenging to hold for a longer time.

Constant anger

This is the first symptom where you feel angry or experience the heat of it due to frustration in certain conditions such as:

- Feeling angry about receiving a less response
- Feeling anger due to being verbally hurt
- Unable to express your needs
- Having a high level of temper in the workplace



Avoiding people or habits

This is one more symptom where you start to avoid people or habits due to having a higher amount of frustration, so you start to avoid or drop things such as:

- Dropping certain eating habits
- Avoiding people who make you angry
- Denying certain activities on your part
- Saying no to attending certain events

Sudden change in mood

This is one of the stronger symptoms that show you have frustration when you keep experiencing a change in mood or are not able to contain it, such as:

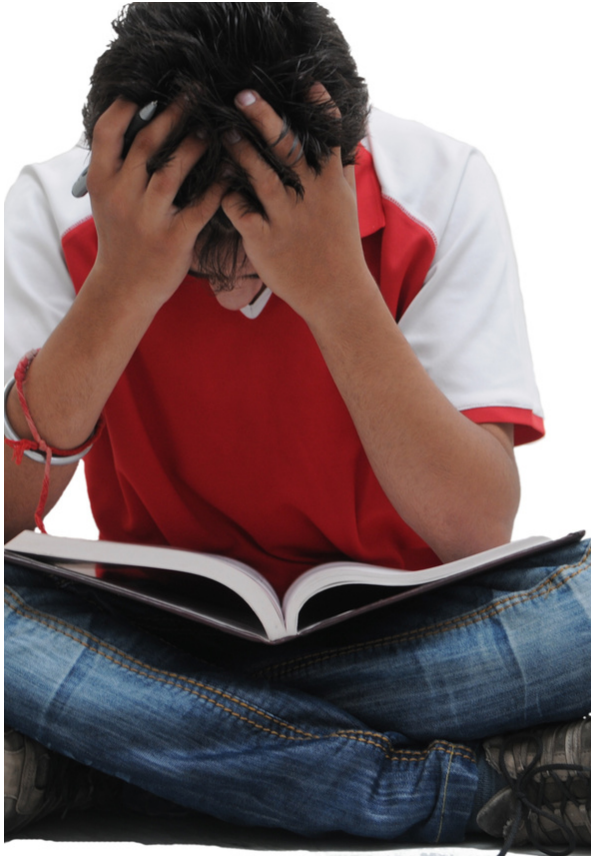
- Being upset due to hectic work
- Getting disheartened by your partner
- Shouting at children at home
- Experiencing improper communication due to a bad mood

Regular irritation

The best sign to find out frustration is the way you get irritated; it is one of the more prominent symptoms and may come at certain stages, such as:

- Getting touchy on certain subjects
- Showing anger at non-matching outfits
- Getting hurt due to specific talking points
- Feeling irritated when denied by house members

These are a few key symptoms that can define frustration, where you can have mood swings or irritation, anger, or even shout out to show and highlight it to other people.



Causes

Causes of frustration can depend on your concerns, level of fatigue, influences, adaptation to specific situations, and the ways in which you counter them.

There are specific causes that can lead to frustration, so it's important that you become aware of them and adjust accordingly.

- Work fatigue: This is the first cause of frustration, as it can affect your mental state when you are tired or overworked.**
- Financial issues: Another cause of frustration is the rapid increase in financial problems, such as a decrease in finances or a lack of response from a partner.**
- High levels of anger: In some cases, anger can also be a cause of frustration. Not achieving desired results can lead to frustration and affect your mental state in various ways.**
- Unfulfilled promises: This is one of the main causes of frustration. When promises are not fulfilled or you are unable to fulfill them, frustration builds up and can reach high levels due to a lack of effort.**

These are a few of the leading causes that can influence frustration and have a significant impact on your life.



Treatments

There are specific ways in which you can treat frustration, and it is prudent to address its core aspects such as stress or anger that influence it.

You have to find ways to alleviate pressure, control your mind, and discover effective methods to treat the elements of frustration in order to overcome it.

- **Pressure relief exercises:** This is the most common and initial step to alleviate frustration. By regularly engaging in these exercises, you can prevent yourself from getting lost in negative thoughts and keep yourself mentally refreshed through consistent practice.

- **Natural remedies:** To effectively control the stress and anger that contribute to frustration, you can also try natural remedies that promote calmness and prevent excessive frustration.

- **Mind therapies:** Another option to address frustration is to seek talking therapy or stress relief therapies. These can help you gain control over your frustration and maintain a calm state of mind.

- **Hypnotherapy:** This form of therapy is particularly suitable for addressing issues like frustration, as it helps you gain control over your mind. You can schedule an appointment to address such issues through hypnotherapy.

Frustration is not a singular problem; it is influenced by various factors and mental aspects. It is better to identify these factors early on and find the appropriate methods to overcome them in order to lead a happy life.