

Restructuring Frustrations

1. Write Frustrating Event
What you do that frustrates me is...

What Actually Happened

2. Write Feeling Response
And I then feel ...

Emotions—Feelings



4. Write Hidden Fear
to hide my fear of...

Fear Your Response Hide

3. Write Behavioral Response
and what I do is...

What You Actually Do



5. Hidden Desires
My desires from you are...

Desire

To obtain my desires, I would like to request from you...



1. Behavior Change Request

2. Behavior Change Request

3. Behavior Change Request