

FRUSTRATION RECIPE CARD

Ingredients

- UNABLE TO CHANGE OR ACHIEVE SOMETHING
- PREVENTION OF THE PROGRESS, SUCCESS, OR FULFILMENT
- FEELINGS OF UNCERTAINTY AND INSECURITY
- NEEDS ARE CONSTANTLY IGNORED OR UNSATISFIED

Directions

Journal Note

SHOPPING LIST

ANGER

BITTERNESS

RESENTMENT

DEFEAT

BLOCK

COLLAPSE

COUNTER

DISAPPOINTMENT

DEPRESSION

DISSATISFACTION

DISCOURAGEMENT

DISCONTENT

FAILURE

IRRITATION

AGGRAVATION

ANNOYANCE

EXASPERATION

OBSTRUCTION

HAMPERING

HINDERING

SCUPPERING

QUASHING

CRIPPLING

CRUSHING

VEXATION