

[1] Before We Start...

When do you feel frustrated? How do you deal with that frustration? Is that positive?

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[2] Definitions:

the issue

doable

not going as well as you'd hope

deal with...

bitter

sentiments

pathway

thriving

seemingly negative

annoyed/annoyance

discontent

ingenious

persevering

a blessing in disguise

propel

without a doubt

[3] Watch the presentation**[4] Read the text**

FRUSTRATION

Things that frustrate you have inside of them seeds for positive growth. Take a good thoughtful look at what makes you feel stress and what irritates you. Look at the issue from many angles and you will find doable ideas to make life work for you and make you a bigger, better person at the same time.

Disappointment and dissatisfaction occurs when you realize that things are not going as well as you'd hope they would. People often deal with these feelings by getting sad or bitter or angry. Instead, when you start to feel such sentiments, look deeply into that realization with an open mind and you will see a pathway to improving it.

Great innovations and inventions, thriving companies and huge fortunes have been built as a positive response to frustration, disappointment, and dissatisfaction. In fact, such seemingly negative feelings have always been the catalyst for creating anything of value.

People who feel annoyed or discontented with the way things are, are the ones who often come up with ingenious ways to make the world a better place. Such emotions can get you thinking about how to make things better. The seeds are there to get you developing, producing, behaving or creatively persevering in order to be a part of a meaningful purpose.

And the greater the annoyance, the even grander possibilities there are to fix it. When you're feeling discontent, tell yourself that that's actually a blessing in disguise designed to propel you forward.

The first step is to believe without a doubt that things can improve. Once you get that, the rest is just part of a process that has already begun. So it's OK to feel such feelings, and after that, let it push you into a creative problem-solving mode.

Think about: Whenever you feel frustrated, believe that there's something for you to learn, to realize... find out what that is, and then move on!

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Write 5 things that have frustrated people and as a result became a catalyst for something positive.

A.

B.

C.

D.

E.

2. Write two things have been a blessing in disguise for you:

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3. People can feel discontented and frustrated and do nothing. Or, people can think deeply about why they feel such emotions and try to change the situation into something positive. Why do so many people choose simply to “live with the situation” without trying to change their thinking? Write personal opinions or comments about this.

STUDENT NAMES & CLASS NUMBERS: