

How to Effectively Communicate Your Frustrations



Handling frustration with others can be challenging. Start by recognizing that *your feelings are valid* and take a moment to sit with your emotions before you talk to or confront someone. This will give you time to reflect on the best way to discuss the root of your frustration.

Understanding *where your feelings come from* will enable you to have more grace for yourself & the person with whom you are talking.

3-Step Process to Effectively Communicate Your Frustrations in Confrontation

1. Recognize

Recognize Your Emotions

- Be aware that you are experiencing emotion(s)
- Name/ label the emotion(s) you are feeling
- Understand that it is PERFECTLY NORMAL to be experiencing this emotion; you can't control what emotions you have, but it's also important to not let them control you

2. Reflect

Reflect on Why They Are There

- There are surface emotions and there are deeper emotions; for example, we might feel frustrated, but the primary feeling underneath that is inadequacy
- Labeling deeper emotions, rather than just defining all emotions as just angry, sad, anxious, etc. is helpful because when you use deeper emotions it is easier for you and the other person to really be able to understand and make sense of the problem

3. Respond

Recognize Your Emotions

- Respond (Not React)
- Listen to what the other person is saying- you can't respond if you don't know what you're responding to
- Use "I" statements; these are less aggressive and confrontational than "You" statements which can make the listener feel attacked or blamed (Ex: "The four of us have been friends for years. I felt excluded when you invited everyone to your house but me.")
- Bring solutions; (Ex: Ask "Is there a reason I wasn't included? Please let me know if I have done something wrong.")

Psychcompany.com is based in Toronto, Canada. This resource was chosen as it best represented how to communicate feelings of frustration in their article on A Guide to Productively Communicate Your Feelings. There are also additional articles that you might find helpful.



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