

## Frustration Tolerance

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Have you ever gotten to the point of frustration where you just wanted to check something across the room? Well, the truth is, all of us have gotten to this point and some have even crossed the line. What is frustration tolerance and how does it impact our lives?

Frustration tolerance is the ability to cope with situations that progressively try and tire our mental and/or physical resources. One's frustration tolerance, whether it be low or high, is a personality trait born from a cluster of bio psychosocial concepts such as temperament, resiliency, resourcefulness, self efficacy, fatigue, genetics, social support and education.

Many have said that frustration is the simmering seed of anger. At the very least, it's a signal that you need to rest, approach the situation from a different perspective and possibly abandon the situation/issue for period of time. However, this is often the exact opposite of what one does as frustration creeps in and out of consciousness.

Those with poor frustration tolerance have a host of issues that impede effective coping. Their social interactions are often strained. Their ability to delay gratification is decreased. They often seek ways to decrease their frustration that only serve to prolong the very thing they wish reprieve from. Thus, the cycle continues.