

Published: Monday October 1, 2018

How do I respond to frustration?

T. T. SRINATH

Seeking guidance, support, and succour is the way to go

I have noticed that over the last few months I tend to be reactive. Yet strangely, I notice I am reactive with one individual more than with many others.

Attempting to explore what it is about this person that I imagine pushes my buttons made me aware that I react when I am frustrated, when I feel out of control, when I feel pushed to a corner and perhaps more.



Such frustration in me I notice is not functional, for I lose my sense of bearing and begin to curse.

While I have heard persons say anger may be given expression or it festers, I think frustration does not necessarily arise from anger alone, but from my feeling of deprivation. So frustration, in a non-functional way, results in abuse, curse and such other.

Yet, as I sit back and reflect on my frustration, a new thought arises, one that seems less injurious. While in my case it seems to be seeking guidance from life or some power outside of me that can help me quell the frustration, some others who I have talked to say they resort to prayer.

Thus frustration, whatever may be its cause, can be combated in two ways certainly, if not more. The more self-destructive way is perhaps ranting and cursing, and the less destructive, in fact a more enabling way, is to resort to seeking guidance, support, and succour, in whatever form we can, as this certainly brings calm, even if only momentarily.

That pain is real, as is the possibility of being frustrated, yet suffering or self-destruction is a matter of choice.

(The writer is an organisational and behavioural consultant. He can be contacted at ttsrinath@gmail.com)