

# Thriving on Emotions

How to boost creativity & innovation by dealing with frustration.





## \_For you, if...

- You feel that your team's communication is a bit "off".
- You want to increase performance & productivity.
- You want to turn frustration into innovation.

### Try This! \_Quickies

5min



#### Quick Reality Check

Write down your top 5 expectations in regard to your current frustration. Examples of frustration could be related to your current job/role, a conflict you may have with someone, your financial situation, etc...

Here we go:

*I am frustrated about:....*

*My underlying expectations, if I'd be 100% honest with myself are:*

...  
...  
...  
...  
...

*Here's an example:*

*I am frustrated about: my new role*

*My underlying expectations, if I'd be 100% honest with myself are:*

1. *I wanted more money, but not necessarily more hours at work*
2. *I oversold myself a little, now I have difficulties performing and don't know who to ask for help*
3. *I expected my new colleagues to be more invested in the project.*
4. *I thought the new tasks would make me feel more fulfilled but they are actually a bit tedious*
5. *Having to report to a new boss in the organization is more challenging than I expected.*

**\_Take it further!**

**15min**

*This is a great exercise on changing perspectives.*

### Take a new stance.

If your frustration is related to something that lies out of your zone of influence, which tends to be the case when we have a conflict with someone, and kind of want to “change” him/her, I'd encourage you to revisit [our worksheet on Covey's Circle of Influence](#). Trying to change something that you have no control of is bound to create frustration.

If what bothers you is “how you perceive” this frustration, get yourself in some playful role-playing. I am not kidding.

Use an object to represent the frustration and place it somewhere in the middle of the room. Now, stand where you usually are and observe how emotions roll in and out. Okay, that's enough, you know this place well.

Now, use the following ideas to try out new perspectives:

- Look at it with children's eyes. If you have children, get them involved in the game.
- Try to step into another role, such as your great grandfather. How would he see it?
- What if you stepped into a place and were told that you will only live for exactly another 24h. What would that do to the level of frustration?
- ...any other stances that come to your mind. Be creative!

***The crucial point here is that you will need to actually do this. Experiment with it. Only this way will you shift your emotional state around the frustration and open up to new possibilities.***

Note down any ideas and alternatives that spring to mind. Use all the creativity you possess in this process.

Tip: Ask someone to guide you through the stances so that you can fully step into your emotions.



 **Your TakeAways**  
\_What do you know now?





## Let me know how you are getting on!

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