

RATIONAL BELIEFS TO INCREASE FRUSTRATION TOLERANCE

- **In the long run, the easier and less disciplined approach to pleasure and enjoyment is usually less rewarding than the more difficult or uncomfortable route.**
- **I am happiest when I get involved in long-term, challenging work that requires me to work against inertia and take risks.**
- **While things I have to do may be difficult, unpleasant or boring, they are rarely too difficult, unpleasant or boring.**
- **While it may be unfair that I have to work so hard, my life does not have to be easy.**
- **In order to achieve pleasant results, I often have to do unpleasant things.**
- **Yes, it is a pain to do this now, but I'd better because it will be much harder and I'll get worse results if I do it later.**