

## 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.