


## Rational Beliefs to Increase Frustration Tolerance

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 [smartrecovery.org/smart-recovery-toolbox/rational-beliefs-to-increase-frustration-tolerance](https://smartrecovery.org/smart-recovery-toolbox/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.

