



BUILDING YOUR BEASTIES

Field Guide notes on emotion behaviour.

Think back to the last time you felt frustration and imagine a 'frustration beastie' in your place. How do you think it might behave? What sort of things might it do?

Continue on the back if you need more room.

frustration

In what parts of your body do you feel frustration most strongly? _____

Do you think that a 'frustration beastie' would be easy to tame? What might you do to care for it?

