

Frustration Ladder

Frustrations are found in all friendships and relationships.

The **Frustration Ladder**—originally designed as part of Imago Relationship Therapy—is a great tool to capture and organize frustrations with any other person (Luquet, 2015).

Place your mildest frustration at number ten and work your way up to the most significant frustration at number one.

The form can be completed outside of a therapy or counseling session and then discussed at the next appointment:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Address each frustration in turn, starting with those lowest in priority (Luquet, 2015).

As each frustration is resolved, the ladder will collapse and the higher ones easier to handle.

Reference

- Luquet, W. (2015). *Short-term couples therapy: The imago model in action*. New York: Routledge.