



What is Your Frustration Reading?

**FRUSTRATION
BAROMETER
3.0**

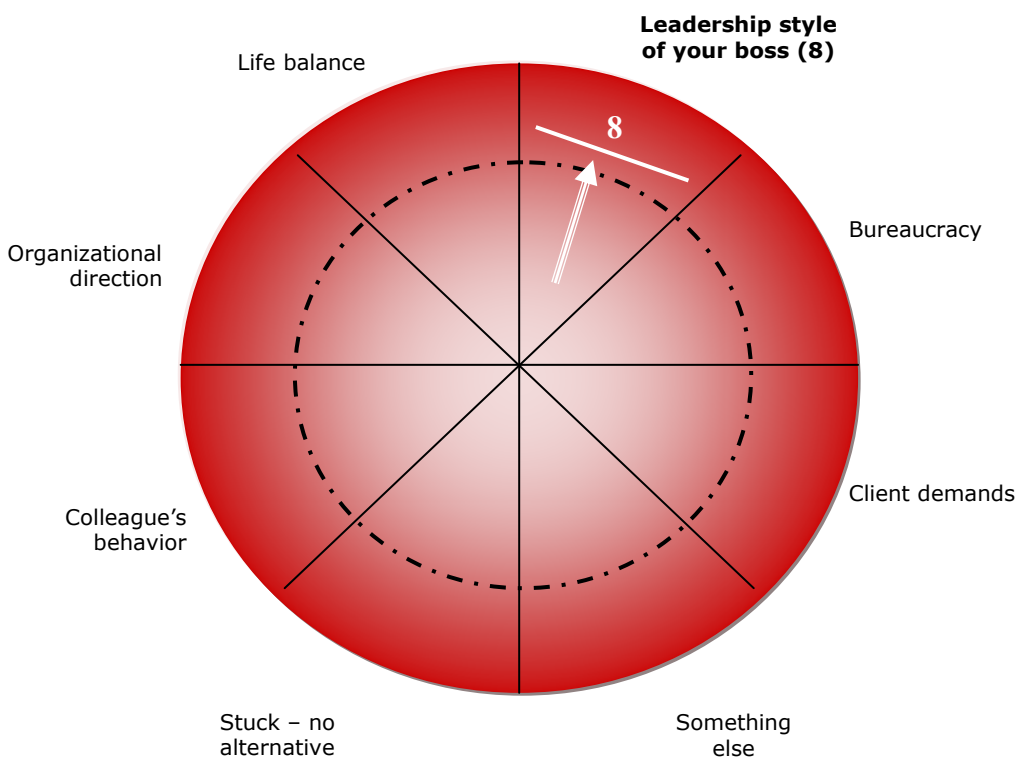
FRUSTRATION BAROMETER

(Workplace edition)

The Frustration Barometer is built using the most common work-related causes of frustration as reported by The Flourishing Company. The tool also provides the opportunity to identify "Something Else" that may be unique to your situation.

How to Use Your Frustration Barometer

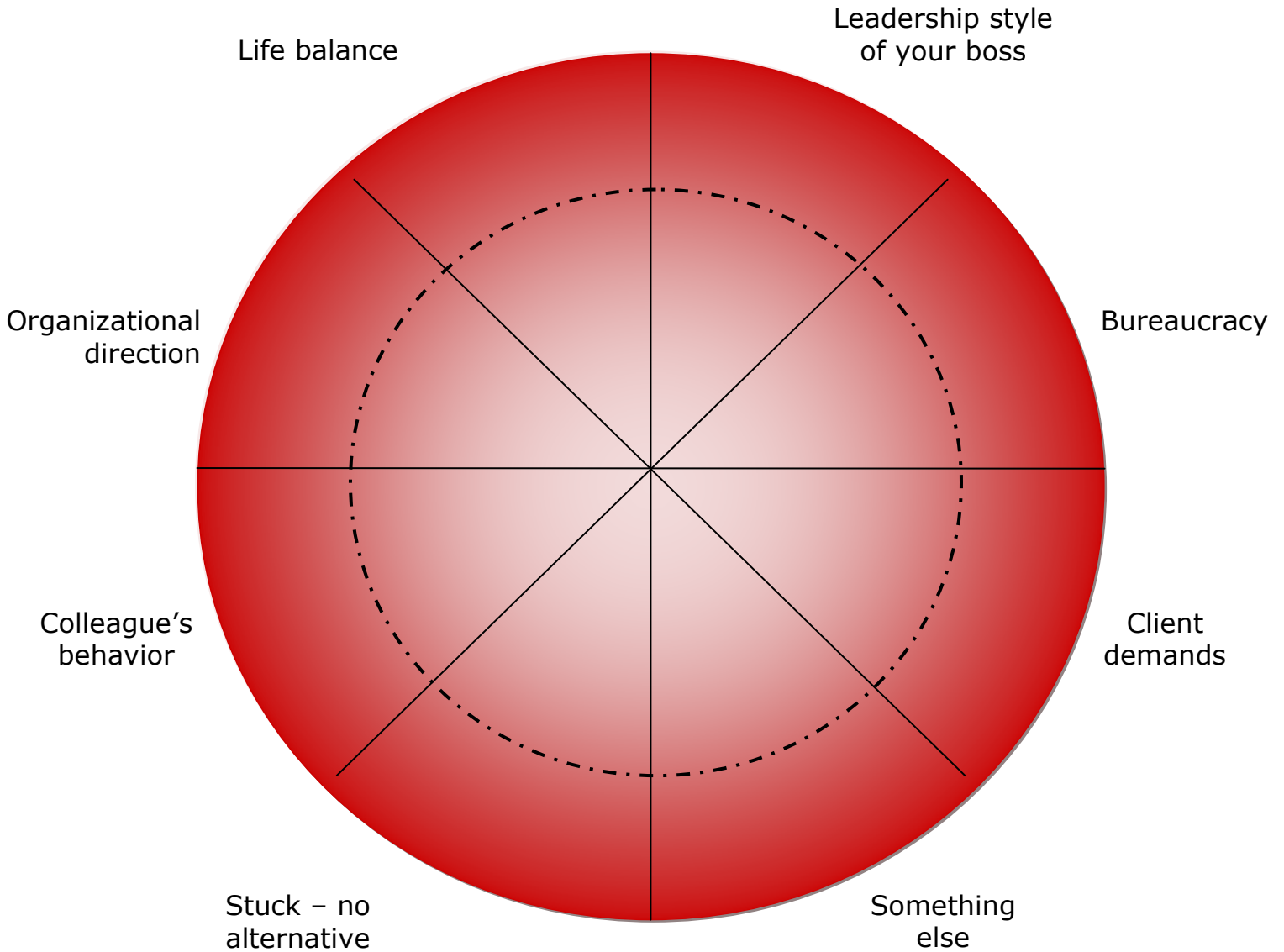
Seeing the center of the barometer as 0 and the outer edge as 10, measure the degree to which each factor creates frustration for you by drawing a straight or curved line to create a new outer edge. If the factor does not cause you frustration report 0 on the barometer. If you just can't take the level of frustration caused by a factor anymore report 10 on the barometer.



For example, the #1 factor reported as the primary cause of frustration is the leadership style of the boss. If someone reports a frustration level of 8, the frustration barometer would register as depicted to the left.

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If this were a balloon, how much pressure has built up?

Is your balloon ready to burst?

Or is the pressure comfortable?

**SAMPLE
FRUSTRATION BAROMETER READING**

Total Score → **23:1** ← **Total # 7 or higher**



Determine Your Frustration Reading

① : ②



- ① Add up your scores for each segment of your Barometer
- ② Count the number of causes 7 or higher

③

Understanding Your Numbers
The two aspects of your barometer reading combined -

Overall Score	Frustration Level
0-35	Low
36-44	Medium
45-55	High
56-80	Very High

# >7	Added Pressure
0	None
1	Casts a shadow
2	Overshadows
3	Becomes the focus

What do you want to be different?