

# **Stressed and Frustrated Story**

## **A Comprehension Guide**

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## Stressed and Frustrated Story

This is an example of a comprehension guide that is specific to a particular student. Each student's story may be different, depending on the causes of frustration/stress and the presentation of the stress and frustration. You can use this story as a model for individualizing a comprehension guide for your own students.

As with all the comprehension guides, the story is read to the student (at least a few times) when the student is far removed from the problem. Once the story is well understood, other visuals (e.g., frustration fingerprint <https://kevinplummerphd.com/wp-content/uploads/Frustration-Fingerprint.pdf>, frustration scale <https://kevinplummerphd.com/wp-content/uploads/distress-scale.pdf>, frustration strategies <https://kevinplummerphd.com/wp-content/uploads/frustration-strategies.pdf>) can be used to support the student in those situations that turn stressful or frustrating.

## Sometimes You Get Stressed and Frustrated



You're usually very polite and cooperative and you're happy to follow the routines and expectations of the day.



But sometimes you get frustrated and stressed.

Sometimes you have things set up and you don't want them disturbed, but someone had to use the desk to store materials.

This is what it sounds like when you're stressed.

You shout commands and orders at people, like . . .

"Stop touching that. . .you stay over there!"



Sometimes it's time to do school work or go on to the next activity in the schedule and you don't feel like doing it. You forgot you had to do it so you weren't thinking about it and now it feels like something you really don't want to do right now.

This is what it sounds like when you're stressed.



**No!** You shout protests and you refuse to follow your schedule, like . . .

"That's not my routine. . .I'm not doing that."

Sometimes you're in the middle of doing something you enjoy and you think you have a lot more time left to do it, but you find out you have to stop soon. You need more time, but the timer has finished or the teacher says it's time to finish and you were thinking you had more time.

This is what it sounds like when you're stressed.

"That's not my timer!". . . "That's not my routine!"



No one likes to feel stressed. No one wants to feel like shouting at people or bossing people or refusing to do things. You want to feel better, less stressed. Everybody wants to feel better when they feel stressed.

Sometimes, when the staff point out your stress, you can easily reset yourself for calm and politeness and you will feel less stressed. The staff will say something like, "I hear you ordering people around. You're a little stressed right now, but you still have to stay polite so I'm going to have you pause and rewind that in a calm and polite way."



This is a good time to catch yourself and apologize or say more about how you feel, but in a polite way. The staff will give you an example you can copy and you will get double credits for quickly resetting for calm and polite.



Sometimes it might be hard to do a quick reset for calm and polite. You might need to completely stop what you're doing and follow a routine for shrinking your stress. You can pick one or more of the stress shrinkers from the routine and the staff will help you do it.

After you finish the stress shrinking routine, then you can apologize or say more about how you feel, in a polite way. Then your teacher will give you the next expectation. She will say, "Right now, this is what you need to do."



When you feel like shouting and bossing and refusing; that's when your stress is too much and you should try to reset. No one likes to feel that way, but the staff can help you feel better.

