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.