

FRUSTRATION



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HOPELESSNESS

yelling

TEMPER

Rage

Anxiety

Anger

Impatience

FIGHTS

FEAR

FITS

Complaining

stress

bad attitude

helplessness

negativity

HOPE

Deep Breath

Teamwork

Dedication

TRUST

SELF-CONTROL

Positivity

Problem-solving

Gentleness

Calm voice

Courage

FAITH
Peace

GOOD ATTITUDE

PERSEVERANCE

JOY

BRAVERY

Patience

DETERMINATION

