



The Positivity Institute

RESOURCES

IRRITATIONS INVENTORY (Grant & Greene, 2002)

Think about the main areas of your life. In each of these areas think about what it is that you are not enjoying. What are the things that make your life uncomfortable? What are those irritating things that you've learned to tolerate and put up with? Here's a list of ideas to get you started. Add your personal irritations if these don't match your life:

Working life	Work performance
Working for a lousy boss	Unmanageable e-mail and voice mail
Too stressed	Poor time management
Insufficient resources	Unclear job role
Insufficient pay	Not organized
Low work satisfaction	Poor relationship with work colleagues
Inadequate training and support	Over-long work hours
Working in the wrong occupation	Not delegating enough
Poor working conditions	No recognition / reward
Dysfunctional organization culture	Poor leadership skills
<i>What else?</i>	<i>What else?</i>



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Family life

Deteriorating relationship with partner
 Children too messy/noisy
 Not seeing relatives
 Not enough family time
 Family life feels like a burden
 Poor relationship with children
 Lack of communication

What else?

Career development

No explicit written business/career plan
 Fear of losing your job
 Dead-end career path

What else?

Physical health

Overweight
 Feeling unfit
 Lack of energy
 Unhealthy, unbalanced diet
 Not enough exercise
 Back/neck pain
 Drug/alcohol intake
 Smoking

What else?

Emotional life

Feeling too stressed or fearful
 Feeling down or depressed
 Sense of being lost
 Being perfectionist
 Unhappy with appearance
 Poor time management
 Lonely and isolated
 Anxiety about the future

What else?

Money/finances

Unmanageable credit card bills
 Unpaid bills keep piling up
 Not enough provision for retirement
 Not enough life/health insurance
 Bank overdraft
 Not enough money for lifestyle
 Worry about money

What else?

Personal growth

Lack of intellectual stimulation
 No spiritual direction
 Poor self-acceptance
 Sense of stagnation
 No participation in the local community
 Need to 'know more'
 Lack of time for self-reflection

What else?