

**10 COPING STRATEGIES**  
**WHEN RESENTMENTS ARE**  
**RUINING YOUR INNER PEACE**  
**Checklist**

# Introduction

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Resentment is very closely linked to anger. A resentment is a negative feeling or ill-will held towards someone or something stemming from the past. It involves a sort of bitterness centered around the belief of having been treated unfairly.

Resentments can be short-term or long-term and they can be major or minor.

When a person is experiencing resentment, they are re-experiencing the past injustice (real or perceived) and stimulating the old feelings of hurt connected to them. Those feelings often involve disgust, anger, disappointment, and sadness, among others. Resentment often and easily can lead to feelings of hatred if not addressed and resolved.

**Resentment generally involves rumination or spending a substantial amount of time thinking about the situation or event that has created the resentment.**

While many people believe that holding on to the resentment is a means of punishing the perpetrator of the offense, it is often the person holding onto the resentment that ends up suffering the most.

Harboring resentment can prove to be harmful for your physical and psychological wellness. Physically, resentment can impact the body's hormonal systems, immune system, and other major body systems leading to similar impacts in the body as prolonged exposure to extreme stress.

# 10 Coping Strategies When Resentments Are Ruining Your Inner Peace

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## Identify Primary Emotions

Many resentments are formed around anger, but anger is often not the primary emotion being experienced. In order to get to the root of the resentment, one must get to the root of the emotions being experienced to first see if they are valid and if so how to address them so that the resentment can be eradicated.

- ✓ Determine your primary emotions.
- ✓ Figure out if those feelings are valid. Achieve this through assessing the situation and conversing with the involved parties to determine their intent and motives as well as whether your reactions and feelings are based in reality or a misconception.
- ✓ Should you find that the emotions are rooted in flawed logic, work to release the negative feelings and subsequently the resentment.
- ✓ If the feelings are valid, address and process the primary emotions such as the fear or embarrassment which naturally releases anger and removes resentment.

## Seek Therapy

There are certain scenarios and situations that require the assistance of trained professional therapists to work through.

- ✓ At times resentment can be so strong and so deep that you need to work with a professional to truly unpack the trigger and develop modes and methods for tackling the resentment little by little.

## Practice Forgiveness

- ✓ Forgiveness is easier said than done, but it can be incredibly freeing. There is a misconception that forgiveness is for the other person and is essentially

giving them a pass for their actions or behavior. However, forgiveness is actually for you.

- ✓ Forgive to release the burden off your shoulders so you can move forward in your life.
- ✓ Though challenging, forgiveness is worth the effort and should be pursued if struggling with resentment.
- ✓ Forgiveness can be linked to improved self-esteem, less stress and anxiety, decreased signs of depression, boosted immune system, and a more positive outlook.

### **Release The Trigger**

- ✓ When forgiveness is not possible, remove the cause of the resentment from your life while you work towards forgiveness or altogether.

### **Be Open-Minded**

- ✓ Identify what role you played in the situation or scenario causing the resentment you feel.
- ✓ Take responsibility in the outcome.

### **Stay Present**

Focusing on the past helps to keep your resentment alive and flourishing. Bringing past incidents, conflict, or hurts into the present is one of the quickest ways to develop resentment. This is because you begin to keep a record of wrong that rests in your mind and that you draw from when you experience a present hurt.

- ✓ Stop linking the past with your present.
- ✓ Stay present and completely submerged in the moment to focus on the here and now and keep the past at bay.

## **Practice Empathy**

Empathy involves putting yourself in another person's shoes or in another scenario and experiencing things as they would. Too often we assume how people might feel or should feel given a particular set of circumstances or details. However, empathy requires intentionally stepping out of your comfort and making the effort to see things and understand things from the other side. This does not excuse the behavior but can offer some insight into why a person acted as they did or why a situation played out as it did. Empathy helps you to be less resentful and move forward.

- ✓ Attempt to empathize with the offender
- ✓ Look for possible plausible explanations for why they wronged you
- ✓ Identify why they did what they did, perhaps the reason can help you extend mercy and grace?

## **Set Boundaries And Expectations**

When you have expectations of others that fail to be met or boundaries are unclear and lines of comfort are crossed it can be easy to form resentment. This is why setting clear expectations and boundaries is essential.

- ✓ Consider what boundaries you need to set to meet your needs.
- ✓ Consider what past resentment resulted from your lack of boundaries or the verbalizing of those to others.
- ✓ Set clear boundaries with others and with yourself.

## **Implement Kindness**

- ✓ When you make a conscious effort to engage with compassion you rob the person of the emotional power, they have over you.
- ✓ Additionally, kindness towards others, particularly the person(s) you feel resentment for influences the mind and works to break down negative emotional barriers so that you can have more empathy and understanding.

- ✓ “Killing them with kindness” so to speak can also impact them and lead them to apologize which can also help you feel the compassion needed to forgive and move on.

## **Express Your Feelings**

Sometimes the simple act of releasing the resentment and the negative emotions accompanying it can be all you need to truly release the resentment.

- ✓ Express how you feel directly to the person.
- ✓ Talk about your feelings with other people.
- ✓ Journal about your feelings.
- ✓ Write a letter to the offender, even if you don't send it.