

When Resentments Are Ruining Your Inner Peace

Workbook

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Introduction

Resentments can be short-term or long-term and they can be major or minor. Typically, minor resentments are those that last short-term while those resentments that are major last for a longer period of time.

Minor and short-term resentments tend to be those that are forgotten or more easily addressed because the impact (physically, mentally, or emotionally) of the event or situation was minimal.

However, those resentments stemmed from situations that had a more substantial impact are generally deemed major and can stimulate negative feelings long after the event has passed.

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.

This is because holding onto the resentment works as a form of mental and emotional bondage, keeping people tied to the event and negative feelings for a prolonged period of time.

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.

Exercise 2: Identify Primary Emotions

Besides anger, often feelings like fear, embarrassment, or disappointment truly rest underneath anger and resentment.

Identify which emotions are tied to your resentment.

Exercise 3: Practice Forgiveness

There is a misconception that forgiveness is for the other person and is essentially giving them a pass for their actions or behavior but forgiveness is actually for you. For your peace. For you to move forward in your life.

Who do I have to forgive?

What makes it hard to forgive?

What happens to me if I don't forgive? How does holding on to this resentment affect me?

Lined writing area with horizontal lines.

How can forgiving help me feel less vindictive?

How can forgiving help me feel less angry?

Continue to add time to this practice, in time you will find living in the moment to be the norm, and the nagging past can be erased from your mind.

Consider the person you resent, what might have caused them to behave this way?

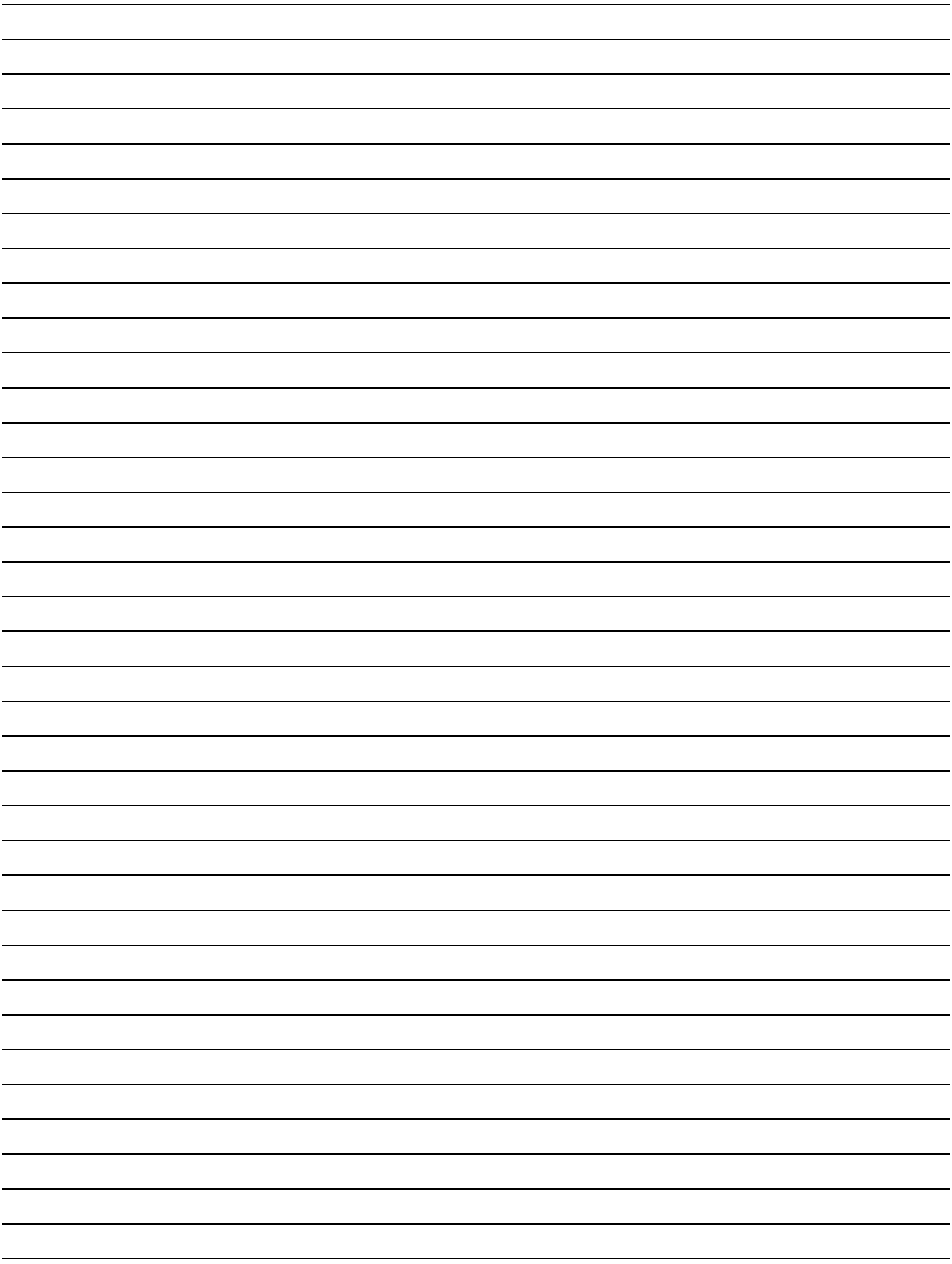
Lined writing area with 30 horizontal lines for text entry.

Is there some negative situation in that person's life that played a role?

For example, someone lashed out at you in anger, but they just lost their job and were in a very bad place.

What might have been their point of view?

A series of horizontal lines spanning the width of the page, intended for writing or drawing.



Write an offering of kindness to the offender, even if you don't send it

A series of 22 horizontal lines for writing.

Exercise 10: Express Your Feeling

Sometimes the simple act of releasing the resentment and the negative emotions accompanying it can be all you need to truly release the resentment, this can be achieved by expressing your feelings.

Who can you talk to about it?

Write a letter to the offender expressing your feelings

Lined writing area consisting of multiple horizontal lines.

A series of approximately 32 horizontal lines spaced evenly down the page, intended for handwritten notes or text.

Lined writing area consisting of 28 horizontal lines.