# 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.

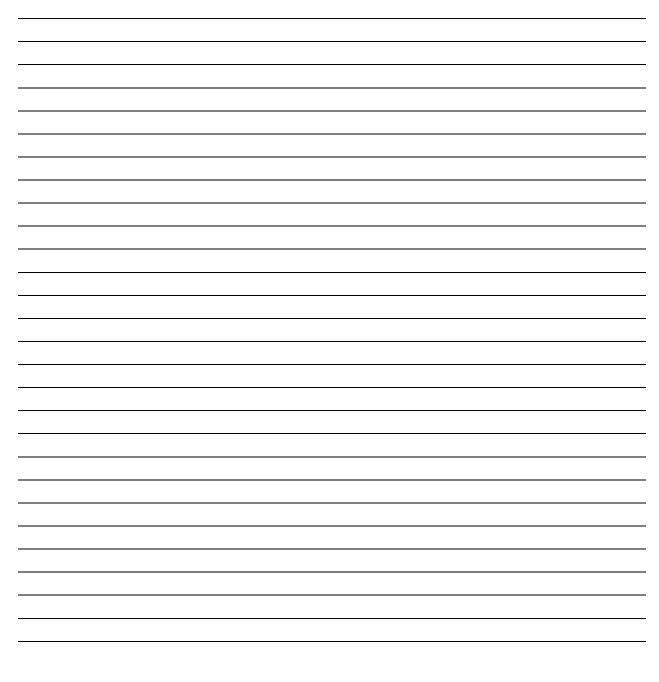
Harboring resentment can prove to be harmful for your physical and psychological wellness. Physically, resentment can impact the body's hormonal systems, immune system, and other major body systems leading to similar impacts in the body as prolonged exposure to extreme stress.

# **Resentment Exercises**

When resentments are disturbing inner peace it's important to work through them and find peace and peace of mind.

### **Exercise 1: Identify The Resentment**

Describe the situation in detail.





What consequences have I suffered on a personal level as a result?


How	was mv	quality	of life	been	affected	by this	resentment?
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What makes it difficult to let it go
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What payoffs to I get from staying resentful?


## **Exercise 2: Identify Primary Emotions**

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

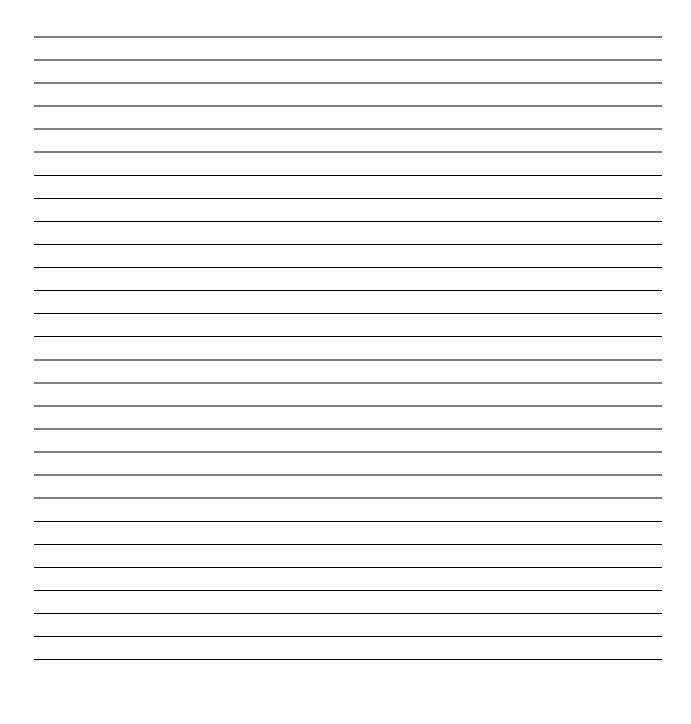
Identify which emotions are tied to your resentment.

Which feelings are valid? Meaning are they logical? Do they make sense?



Make a plan on how you will deal with these feelings?

For example, talking with a trusted friend or family member, journaling, meditating about it, writing a letter (which you may or may not send) to the source of the resentment and pouring out all that you feel.



Which feelings are based on flawed logic? Describe in detail about that does not make sense.



Make a commitment in writing to let go of these feeling	Make a	a commitment	in	writing to	) let	go	of these	feeling
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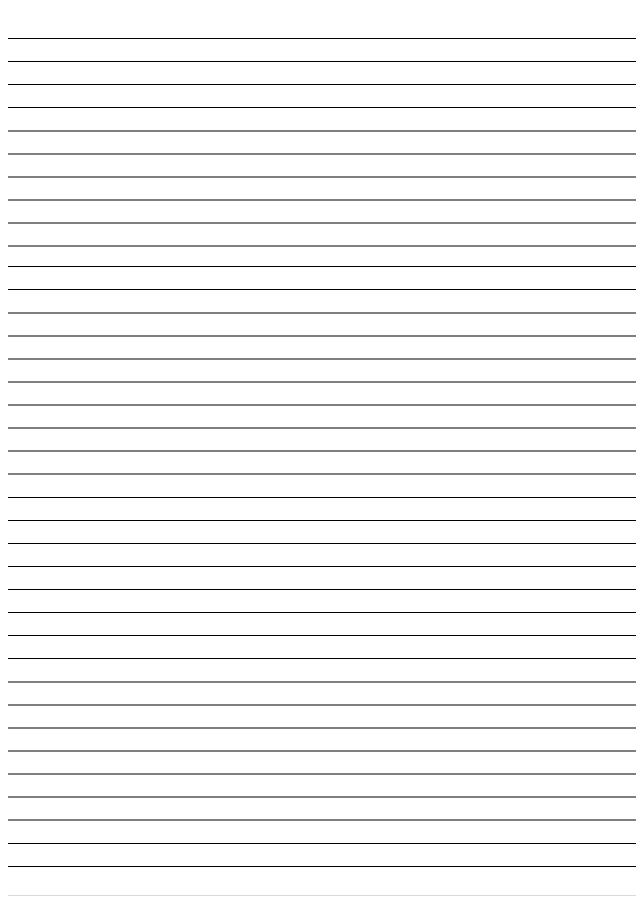
### **Exercise 3: Practice Forgiveness**

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?



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What are the benefits for me to my forgiving?

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How can forgiving help me feel less angry?	
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How can forgiving help me feel less angry?	

How can forgiving help me feel less aggressive?

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How can forgiving help me feel less self-pity

Write a letter of forgiveness

This is just for you, you won't send it, unless you want to.


### **Exercise 4: Release The Trigger**

Sometimes forgiveness is simply not possible, or you may recognize that the process of forgiving will be incredibly long-term. In these situations, it may be more beneficial to remove the cause of the resentment from your life while you work towards forgiveness or altogether.

What can you do to eradicate the cause of the resentment from your life?

#### **Exercise 5: Be Open-Minded**

Practicing open-mindedness is about exploring the potential that you may have contributed to the situation or scenario causing the resentment you feel. Very rarely are we totally innocent victims of mistreatment (though we certainly can be in cases such as discrimination or abuse).

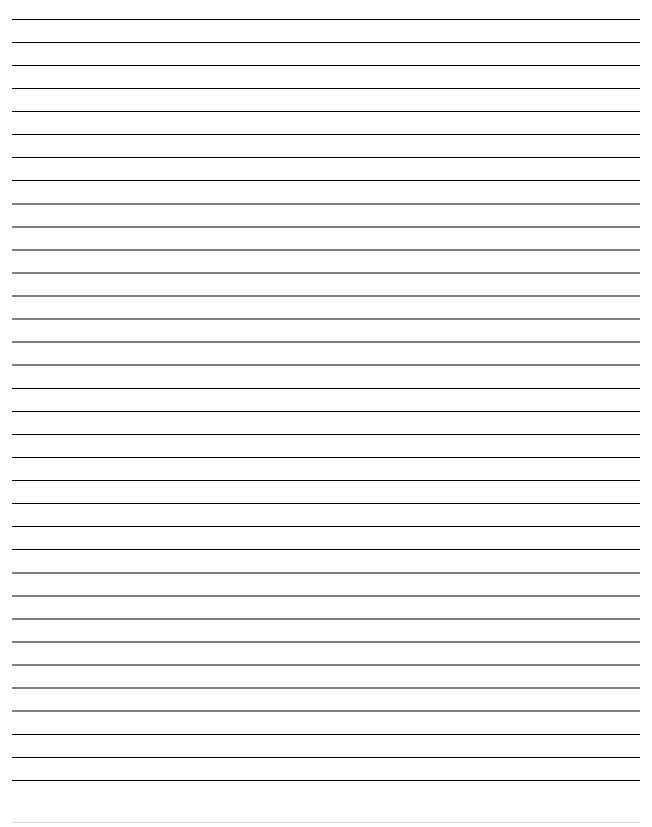
#### What is my role in the resentment?

Am I blaming the wrong party or circumstance?


What stops me from taking responsibility?	What	stops	me	from	taking	respor	nsibility	v?
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Write a statement describing this situation and what actin steps you can take to remedy it?



### **Exercise 6: Stay Present**

#### Focus on the present moment. Write about your experience here.

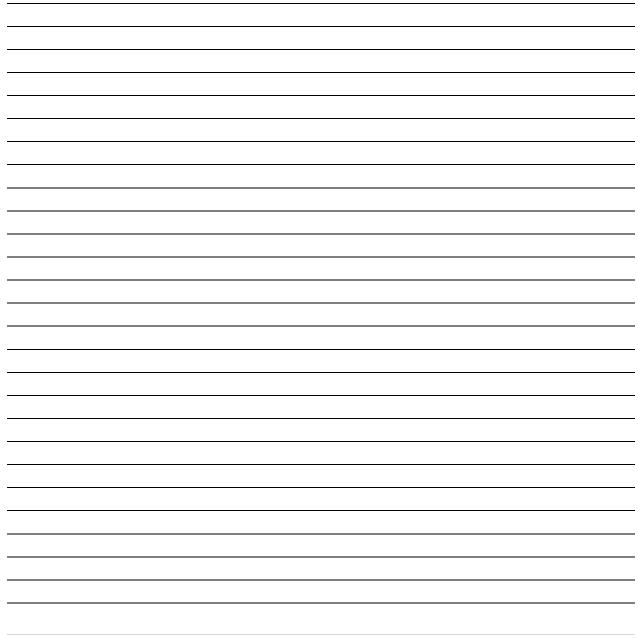
Plan 5 minutes on a regular day to stay completely in the moment. This means focusing totally on what is going on in that moment – smells, sights, sounds, what you are doing, where you are, and resist the temptation to think about the past in any way.

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.

### **Exercise 7: Practice Empathy**

Empathy requires intentionally stepping out of your comfort and making the effort to see things and understand things from the other side. This may allow you to uncover the ability to extend grace and mercy based on understanding their feelings, thoughts, or other contributing factors. 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. Thus, this helps you to be less resentful and move forward.

#### Consider how much you can lessen your anger with empathy?



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



What is the other side of the resentment?


#### What limitations or realities does the other person face?

For example, your friend hurt your feelings because she acted selfishly, but when you think about it, her parents spoiled her, and she never had to take responsibility for anything, so perhaps acting with consideration for others is beyond her ability?

#### 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?

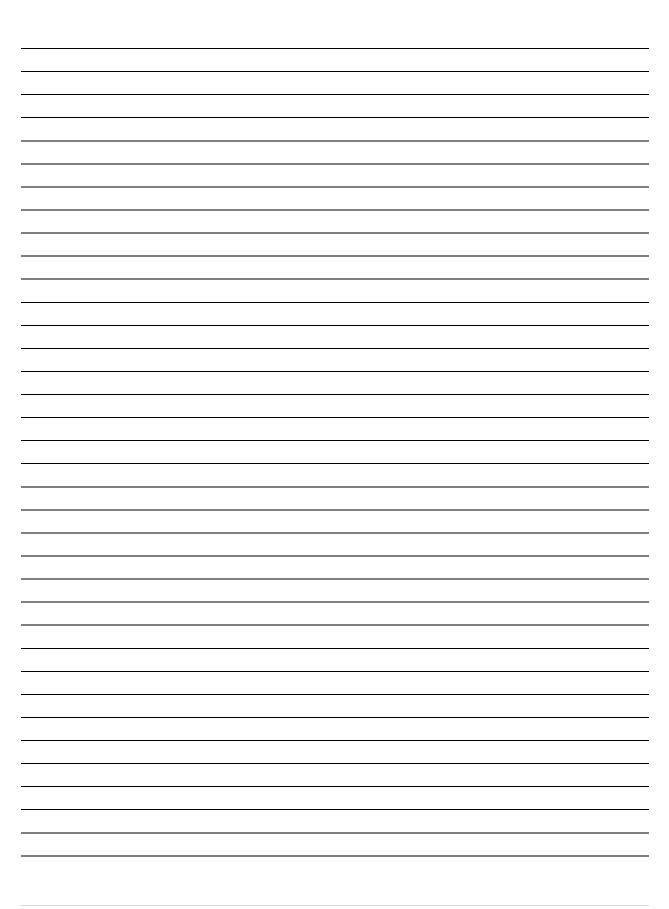
What might have been their motivation?

Can you feel any compassion for this person?

#### Write a letter to this person and express your empathy

You don't have to send it, this is just for you.

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### **Exercise 8: Set Boundaries And Expectations**

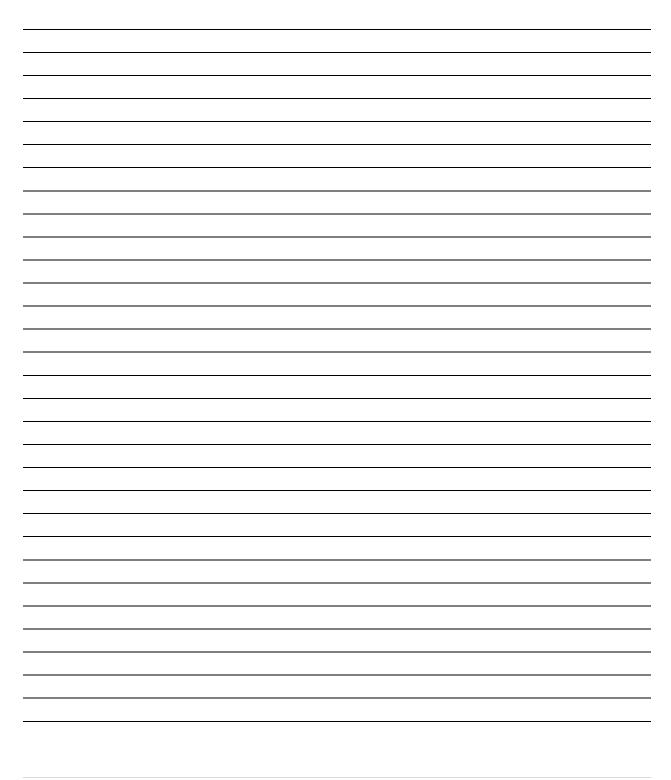
When you have expectations of others that fail to be met or boundaries are unclear and lines of comfort are crossed it can be easy to form resentment. This is why setting clear expectations and boundaries is essential.

What lines were crossed in the current resentment I am working through?

What lines were crossed in the past that caused me resentment?


# What is my responsibility?

Did I establish clear boundaries with the person that wronged me? Or did I cross my own boundaries that created the situation which prompted the resentment.



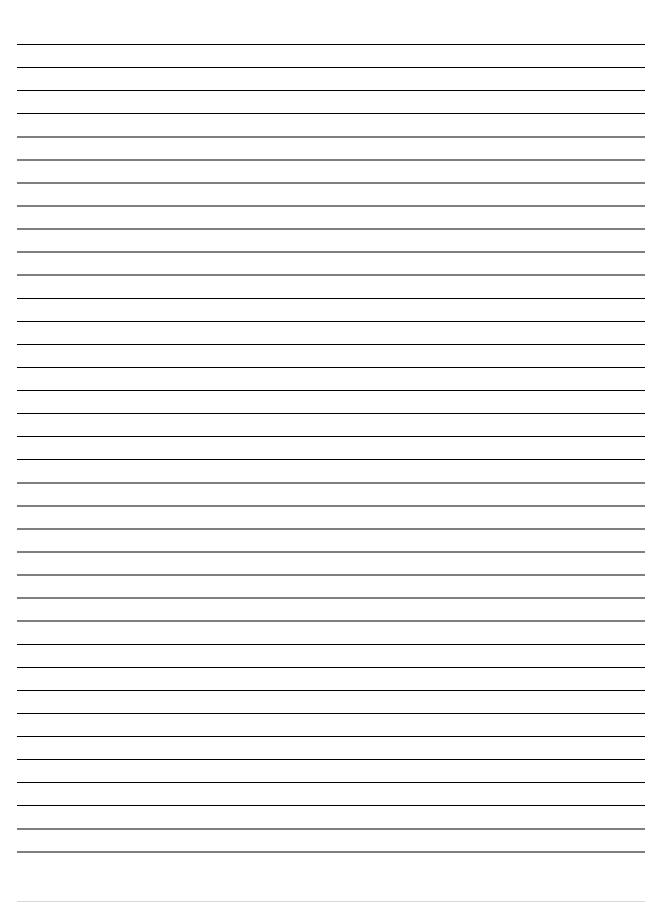
What do I need right now?

What is preventing me from getting my needs met?

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Do I feel guilty about setting clear boundaries?

Do I have a hard time saying no? If yes, explain, what makes it difficult?



What are v	your	emotional	bound	aries?
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What are your physical boundaries?

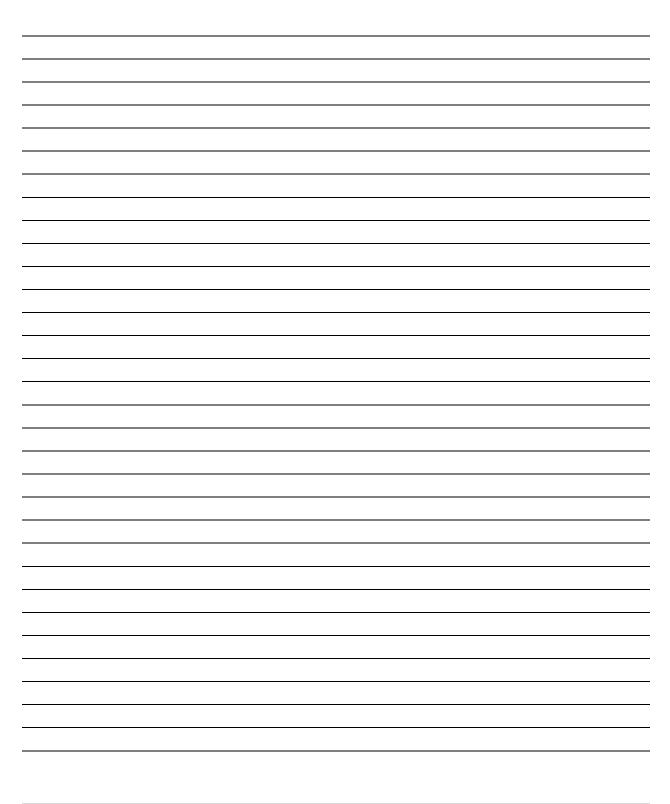
Describe the ways boundaries can be beneficial for you


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Describe how your boundaries protect you

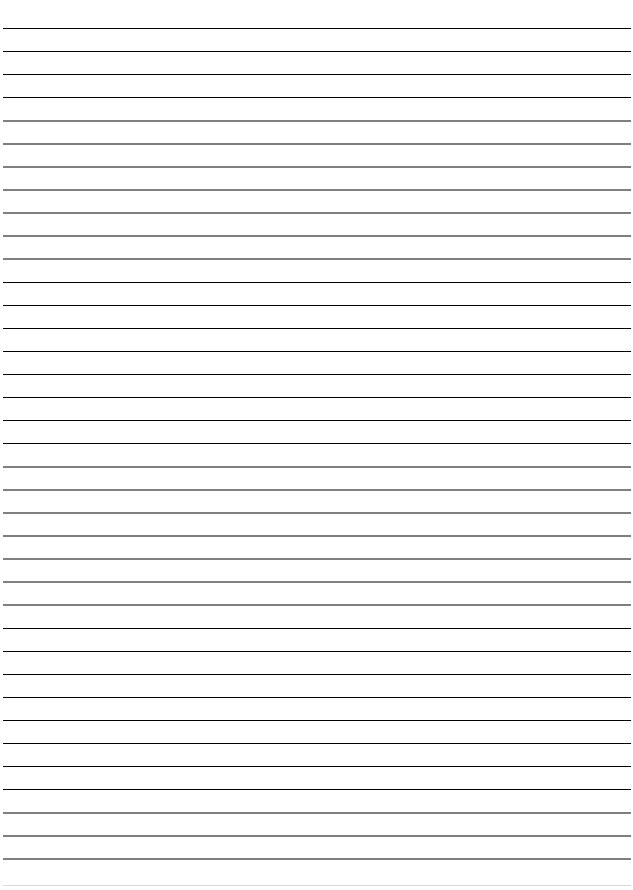
#### Describe how setting boundaries and demanding respect of them from others benefits you?

Consider, self-respect, possibly preventing future resentments, it is an act of self-care.



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Set your boundaries, describe in detail



### **Exercise 9: Implement Kindness**

It may seem counterintuitive to be kind to someone you are presently feeling resentment towards, but when you make a conscious effort to engage with compassion you rob the person of the emotional power, they have over you.

#### What kindness can you offer to the offender?

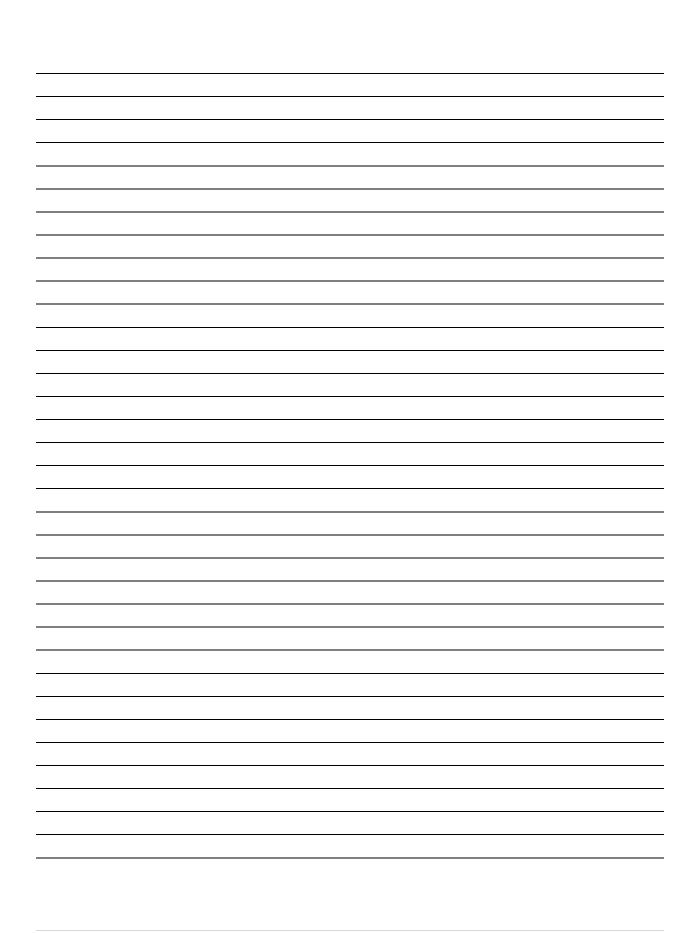
Write an offering of kindness to the offender, even if you don't send it


### **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



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Write about your feelings

### **Exercise 10: Seek Therapy**

If after working through all the exercise you find that you cannot let go of the resentment or that it is still bothering you, make a plan to find a therapist that can help you.

Plan what you want to discuss

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List all the issues and difficulties you are having around letting go and what is blocking your

## Journal/Free Notes