

10 COPING STRATEGIES When Resentments Are Ruining Your Inner Peace

IDENTIFY PRIMARY EMOTIONS

Fear, embarrassment, or disappointment may rest underneath anger and resentment. If emotions are rooted in flawed logic you can release the negative feelings and subsequently the resentment, if the feelings are valid you can address them.

SEEK THERAPY

PRACTICE FORGIVENESS

RELEASE THE TRIGGER

Remove the cause of the resentment from your life while you work towards forgiveness or altogether.

BE OPEN-MINDED

Explore your role in the situations to shift blame and extend grace with the understanding that you too played a part in the situation.

STAY PRESENT

The key is not to link what you're experiencing in the present to something in the past. Rather to be intentional about focusing on the now and not attaching deeper meaning to it.

PRACTICE EMPATHY

Put yourself in their shoes to extend grace and mercy based on understanding their feelings, thoughts, or other contributing factors.

SET BOUNDARIES AND EXPECTATIONS

When you have expectations of others that fail to be met or unclear boundaries are crossed it can be easy to form resentment, so set clear boundaries.

IMPLEMENT KINDNESS

Kindness robs another person of the emotional power they have over you. Kindness breaks down negative emotional barriers so you have more empathy and understanding.

EXPRESS YOUR FEELING

Release resentment by talking about it with a friend or family member, journaling, writing a letter to the person, or recreating a scenario and talking through it by yourself.