

Resentment



*Resentment can lead to grudges, distrust, anger, depression, etc.

-The anger that we feel usually masks a deep, underlying feeling of hurt & pain... but we tend to ignore these feelings & instead focus on the anger

*One of the biggest ways that resentment affects us on a day-to-day basis is by causing irrational thinking patterns.

-We start to think that we're not good enough, that our efforts & good intentions will never pay off, that people are out to get us, that we'll always get rejected, that we'll always fail, etc.

*Ways in which we can heal from our resentments:

-Anytime uncomfortable feelings related to the resentment pop up, FEEL THEM FULLY!

a. Don't fight them or ignore them

b. When you push these feelings down, they stay inside of you! You must feel them fully in order for them to pass through you

-Identify the behaviors that your resentment causes

-Work to improve your self-esteem

a. The use of positive affirmations can be helpful

b. Turn to yourself for approval (instead of turning to others)

-Challenge your irrational thinking

-Release your anger in safe, effective ways

a. Journaling is a great tool for anger/resentment

-Learn from your resentments! What valuable life lessons do they offer?

*Letting go of resentment isn't for the benefit of the person you feel animosity towards... it's for your own benefit!

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Credits



Alina V Design and Resources

-Thank you for the borders!



Dandy Doodles

-Thank you for the green flower!



Busy Bee Studio

-Thank you for the red flower!