

Resentment Healing from <https://www.lifehack.org/articles/lifestyle/how-to-let-go-of-a-resentment.html>

1: Make a list of all the people you have resentments towards. *If you do this honestly, then the list should be pretty long.*

Include ANYTHING that gives you an automatic negative feeling. You can also include places and institutions (a school you attended, an airport you had a bad experience in) nothing is too trivial or too small.

Step 2: Next to the person's name, write what they did to cause you to resent them. Again, nothing is too small. If you resent your boss, it may be because that person gives you unreasonable deadlines, or could simply be because you don't like their hair.

The reason for the resentment doesn't have to "make sense"—it just has to be honest. This is where it will get hard, and you will feel worse than you did before starting. Try to have faith that the end result will be worth it—because it will be!

Step 3: Now you write what part of your life each resentment affects. *If you resent an old teacher who made you feel inferior, you might say that it affects your self-esteem or confidence.*

The point is to become acutely aware of the specific ways that the resentment is impacting your identity, and your ability to feel safe, secure, and loved.

Step 4: Next to the reason, or cause for resentment, you are going to write down your part. This is how YOU have contributed to the problem.