

Everyday Life

"This is bad.
I probably shouldn't
do that."

Irritability

- easily triggered
- flash of anger
- disproportionate response
- pulling away/shutting down

"Why?"

Resentment

- I keep long records of the wrongs
- I take mental notes for the sake of future action
- I can't let little things minor offenses go
- I believe I deserve something I didn't receive
- I harbor issues unspoken and unresolved
- I am carrying baggage