

## Investigating a Resentment I Carry

### Step 1 – Identify a resentment

Think of a resentment that still surfaces when you think about it. Who is it toward? What happened?

### Step 2 – Notice the “mental replay”

Resentment literally means **re-feeling an old hurt again and again**. When you replay this event, what thoughts appear?

- |   |   |
|---|---|
| <input type="checkbox"/> “That’s unfair!”   | <input type="checkbox"/> imagining what you should have said or done                  |
| <input type="checkbox"/> mentally replaying events  | <input type="checkbox"/> hoping the other person will finally realize they were wrong |
| <input type="checkbox"/> retelling the story and adding details                               | <input type="checkbox"/> feeling a surge of anger or energy when you think about it   |
| <input type="checkbox"/> building a case against someone                                      | <input type="checkbox"/> complaining about the situation to others                    |
| <input type="checkbox"/> putting the other person on trial in your head                       | <input type="checkbox"/> assuming “I can’t be OK unless they change.”                 |
| <input type="checkbox"/> telling yourself a story where you are innocent, and they are guilty | <input type="checkbox"/> holding on to the belief “I have the right to stay upset     |

**Which one hooks you most?**

### Step 3 – What did this threaten?

Resentment appears when something we think we **need to be OK** feels threatened. What felt threatened?

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Pride (how I think others see me)            | <input type="checkbox"/> Sexual relationships (sexual attention/connection) | <input type="checkbox"/> Finances (money or resources)         |
| <input type="checkbox"/> Self-esteem (how I see myself)               | <input type="checkbox"/> Ambitions (my plans or goals)                      | <input type="checkbox"/> Control (my plans, preferences)       |
| <input type="checkbox"/> Personal relationships (how others treat me) | <input type="checkbox"/> Security (safety, stability, certainty)            | <input type="checkbox"/> Reputation (how others talk about me) |

**Which mattered most?**

### Step 4 – What part might I have played?

Look honestly at the situation. Where might any of these have been present?

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> avoiding an honest conversation   | <input type="checkbox"/> selfishness or control            | <input type="checkbox"/> withdrawing or shutting down        |
| <input type="checkbox"/> expecting someone to read my mind | <input type="checkbox"/> blaming them / minimizing my part | <input type="checkbox"/> unspoken expectations               |
| <input type="checkbox"/> fear or defensiveness             | <input type="checkbox"/> dishonesty or withholding         | <input type="checkbox"/> poor timing or clumsy communication |

**What do you see now that you didn’t see before?**

### Step 5 – Instead of replaying the resentment, what growth step will I choose?

**What is the next healthy step that is mine to take, regardless of what they do? (i.e., an honest conversation; releasing the offense; adjusting expectations; owning my part; choosing a healthier response)**

## Investigating the Habits That Create New Resentments

New resentments begin with **expectations that were never examined or expressed**.

### Step 1 – Notice when resentment begins

Think of a **recent irritation**. What happened?

### Step 2 – The “Movie in My Head”

**Before the situation happened, what did you expect? What did you picture happening? What did you expect the other person to do?**

### Step 3 – Reality

**What actually happened?**

### Step 4 – The Gap

**Expectation:**

**Reality:**

**Story I’m telling myself:**

*Resentment often grows in this gap. What part of me feels threatened here? Pride; Self-esteem; Control; Feeling; respected; Feeling appreciated, Feeling secure, Something else? Are we both now resentful but for different reasons?*

### Step 5 – The Hidden Expectation

What expectation did I **never communicate**?

### Step 6 – A Better Practice

Next time I notice resentment starting, I will practice:

- |   |   |
|---|---|
| <input type="checkbox"/> Clarifying expectations earlier      | <input type="checkbox"/> Accepting something I cannot control         |
| <input type="checkbox"/> Asking questions instead of assuming | <input type="checkbox"/> Focusing on my growth instead of their fault |
| <input type="checkbox"/> Speaking honestly sooner             |   |

**My plan:**