

# An Anatomy Of Resentments



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# Introduction

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Resentment is an emotion that is very closely related to anger. Defined, **resentment is a persistent feeling or ill-will held towards something or someone stemming from the past.** It involves a type of bitterness that is centered on the belief that *you've been treated unfairly or unjustly*. Resentment harbors the feelings of umbrage that work through the mind and heart to overshadow good feelings. Therefore, resentment will always carry a victim covering overhead. Many thoughts and feelings will be filtered through shadows that follow along with resentment. Since we are energy, the automatic sensors will pick up other similar shadows that will be perceived as offensive and will require defensive postures. This will also work the other way around. The defensive posture will be easily offended from the victim position and even take on a bullying pose. It sounds complicated, but it is just simply unbalanced energy.

A person experiencing resentment is re-experiencing the past injustice (whether real or imagined) feelings include anger, disappointment, disgust, and sadness among several others. These are low level raw energies that continue to degrade and attract similar emotions full of hatred, shame, guilt, etc. when left in those raw states. Since they often begin in childhood when they were not understood when experienced, they are left in memory data connected to its immature thinking mind. The brain stores these emotions until the individual is more mature and can deal with them at a more rational level of observation.

Transforming old wounds of childhood and allowing their files to be updated is not a huge deal when it is understood they are never about the present triggers that appear to activate them. The triggers are the symptoms that something is out of balance and needs realignment. Most people do not yet know the level of resentments their brain has stored so they erroneously make up a story that works like an illusion because they are confusing the past with the present. Reactions and reactive behaviors are stimulated by the same energy that made them feel hurt or offended in another time even though it seems like the present circumstance is causing the problem.

Thus, the key to preventing the escalation of resentment into more severe emotions is to free yourself from resentment by taking a series of thorough yet practical steps.

Notice the persons, places or things that trigger your resentments

Breathe as you step back and observe how you are feeling

Watch yourself in similar situations and see if you notice behavior patterns

Awaken to the possibility that you are viewing things from your own ill will

Allow for some space to set boundaries around feelings that distress you

Be aware that these feelings are actually being allowed for you to update them

Gain awareness that time is not linear when it comes to your feelings

Get in touch with your highest self that can help calm, soothe and settle you



Keep paying attention to the energy and know that it is trying to help you

# What Are Resentments

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*The most common and generally the most significant emotion linked to resentment is anger.*

When linked to resentment, anger is an emotional response to real or perceived wrong or injustice that leads people to be negatively stimulated emotionally in a manner that can lead to impulsivity and poor emotional control.

When it persists, anger can transform into more intense feelings like rage. In most situations, anger acts as a secondary emotion that sets in subconsciously and quickly in response to something or someone that evokes primary feelings such as betrayal, fear, hurt, or inadequacy. In these instances, anger appears as the more dominant emotion because it is challenging for people to address primary emotions, as they are linked to feelings of vulnerability and lead to leading to automatic behavioral responses of aggression (fight) or passive aggression (flight).

**Some of the purposes anger serve as a secondary emotion include:**

- To place focus on a scapegoat (individual, group, entity)
- To deflect primary emotions so they can be kept at bay
- To provide a sense of control and power

**A common thread among most anger and resentment is that it is formulated based upon a flawed belief or misperception. One such distorted belief includes the idea that others should behave in a manner that aligns with your own desires. Another such distortion is assigning meaning or motive to another person's actions.** Judgment is the JUDGE MENTAL mind setting.

Such flaws can generate negative feelings and resentment based on a poor foundation, essentially making the resentment baseless. Thus, it's important to reflect on your feelings and thoughts to ensure anger or resentment felt is appropriate so it can be resolved and balanced.

**Another dominant feature of resentment is rumination.** Rumination is when you spend a substantial amount of time pondering the event or situation that resulted in the resentment in

the first place. It is a commonly held misconception that harboring resentment works to punish the perpetrator of the offense. Holding onto old hurts and raw wounds is the position of an unforgiving spirit that weakens sovereignty and inner power rendering feelings of helplessness.

The truth is that the person holding onto the resentment tends to be the one who suffers the most significantly, with the person committing the offense often unaware or simply not caring about the offense committed and the suffering of the other person. Both sides are now in the position of continuing the ongoing conflict and adding fuel to its inner 'fires.' This really splits the person harboring the resentment into two sides...one the victim and the other continuing to battle against the villain. There will be no victor in that ongoing battle as there will always be never-ending misperceptions to prove the false beliefs held.

Harboring resentment works against people by serving as a form of emotional and mental bondage, where people continue to be tied to the event and the negative feelings it generates for an extended period of time. Most humans are also carrying forward generational patterns that their parents and grandparents modeled or taught them to carry. In many cases, the individual holding the resentment is unconscious to why they are triggered by certain things that seem so 'stupid.' Other issues seem so important even though they are unimportant to others.

Experiencing an offense at the hands of someone close to you or someone who holds great value in your life is more likely to generate offense versus experiencing it at the hands of someone you deem insignificant or someone you don't have a real relationship with. However, it must be



pointed out that in many instances, anger and resentment are built on the flawed idea that other people are required to behave the way you prefer. These conflicts must get resolved.

Think of the word solve, resolve and solution. Those words can be thought of as math terms that are about 'problems.' They are also used for chemistry and other science related topics. You can begin to imagine that there must be solutions for the perceived problems you have even if no one else sees them as a problem or denies a solution to them. The answer to all your problems must first be solved from within. This is the KEY to a well being! Since we are all energy and are connected to each other as humans, there is bound to be static and preferences to one person's energy over another. Knowing that you actually possess power within to look at what the external world wants to show you that is out of balance in you is a POWER thought that will be part of the solution to all your problems.

You can learn to choose how to lose the imbalances of victim and villain and victor. Those energies are for battle and, hopefully, you are not desiring a battle with anyone. Living in peace and joy within a well and stable best 'you' is the goal of a healthy lifestyle. That goal cannot be reached by holding onto energy you dislike in others. We are actually mirrors in the way we see. What you spot in another, is what you also GOT. So, if you spot it, you got it. Your only job is to dig deeper within and find a spiritual path to help guide you to higher powers that enlighten your mind to shine more light and truth within you that will absorb the dark and scary shadows that hurt you in a less mature state.

Anger and resentment that developed when situations didn't go your way allow for feelings to be controlled by others because if you're expecting them to change so you can feel better, that is an immature field of energy that will render you powerless and repeating the same old patterns. Finding ways to rise above the frays of the outer world cannot happen when you are swamped and in bogs of fear, obligations, guilt, shame (FOGS) or other automatic negative emotions. Those are like dense fogs and shroud your ability to SEE your way out. The mind that is clear is in the light (enlightened) and experiences peace, joy and unconditional love from the universe and all the Highest Powers that are full of GOOD WILL as God intends. Our part is to allow that light to penetrate the wounded and innocent soul within you and let it be retrained, reparented, restored to truth that will transmute those old sufferings.



## What Can Lead to Resentment

Resentments can appear to be very specific to the individual harboring them. However, there are typically overarching themes whereby many people tend to find themselves resentful such as:

- **Unbalanced Power Dynamics:** When one person feels constantly overpowered, unheard, undervalued, or steamrolled it can lead to resentment because one feels as though they are not being respected.
- **Hurtful Words:** When a person finds themselves continually on the receiving end of communication that is hurtful, embarrassing, degrading, or demeaning it can result in feelings of resentment since words often significantly impact our feelings.
- **medical Issues:** When a person is tasked with caring for someone who has been diagnosed with medical issues it can breed resentment as there are typically greater responsibilities that must be taken on as a result.
- **Unequal Responsibility Management:** When someone feels they are constantly bearing much of the burdens and taking on more of the responsibilities (i.e., housework, childcare, bringing in money for the household, or initiating emotional connection) this can lead to resentment.
- **Injustice:** When a person experiences a situation where they are mistreated (i.e., discrimination, racism, sexism) this can create resentment because the treatment was completely unjustified, unwarranted, and of no fault of their own. This can make people feel insignificant and unimportant.

Notice that all these patterns are formed from the lower energies that surround FEAR and some of its unpleasant emotions such as worry, danger, depressing thinking, pity, shame, agitation, nervousness, unease, disease, and some expectation of mad or bad things happening in the future. **It is imperative to notice the past and the future are the time zones dictating thoughts.**

# Effects Of Resentment

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There can be several negative outcomes that result from harboring resentment.

**Physically**, resentment can impact the body's hormonal systems, immune system, and other major body systems leading to similar impacts in the body as prolonged exposure to extreme stress. Such issues can include a weakened immune system, hormonal dysfunction, heart problems, gastrointestinal issues, chronic pain, and headaches/migraines among many others.

**Psychologically**, harboring resentment and the negative feelings that accompany it wreaks havoc on our mindset. We become more pessimistic and tend to view things from a negative lens. There can even be social impacts as a result of holding onto resentment. As one experiences more negative physical and mental impacts on health it decreases the ability of one to relate to others and lowers joy in all relationships. It ripples over into the ability to enjoy life.

Chronic emotional distress actually works like an addiction because the fear consciousness that created the resentments and anger (madness) erodes mental, emotional and physical health. The stress on the body to produce the cortisol and other energies that are meant for survival situations become depleted, altering cardiovascular systems, interrupting sleep and creates a host of emotional disorders. The over stimulated the production of stress-related hormones (cortisol) gives the false impression of always being 'stressed' and distressed. Overtime, this kind of stress is often associated with the development of clinical conditions like anxiety and depression that just add to the layers of problems already experienced.

Obviously, the impact of carrying any undercurrents of poor currency will devalue and disempower our human conditions. In order to improve our ability to choose a healthy life, we need to take a look at the truth that surrounds the energies that resentments carry and why it is so important to do the shadow work of healing them and letting them go or be integrated as healed energies that will actually increase feelings of self-empowerment.

## Benefits Of Releasing Resentment

There are many benefits that come with making the intentional effort to free yourself from feelings of resentment. Emotionally, the greatest benefit of working through resentment is the freedom and liberating feelings experienced.

Harboring anger, hurt, and resentment associated with an experience, event, or person perpetuates the damage caused while holding onto it. Using strategies that fit your inner story and finding strategies that work to relieve the strongholds of fear can actually help you let go of all resentments as you gain awareness they no longer serve your intentions to get well and stay that way. Knowing you can integrate and move above the pains and false beliefs of disempowerment will give you corresponding feelings of self-control and empowerment.

Improved relationships with others can also be a benefit of releasing resentment. Naturally, by forgiving and releasing hurt caused by another person you might find yourself able to repair or restore the relationship with the person who caused or participated in the hurt experienced, depending on the severity of that hurt. It is always essential to forgive and keep forgiving as you gain spiritual awareness that hurting people are everywhere and they hurt others from their pain (unhealed raw emotional energy that is still being activated).

It is never necessary for another person to own or apologize for what they did to you in order for you to heal and move on. As a matter of fact, it can be very healing when you experience of unconditional love of God as your energy source to know that the same grace that healed you can work for others. You have experienced that holding onto resentment and anger caused you to build walls and lack trust and vulnerability with others because you feared being hurt in a similar way again. From your healed position, you can even have compassion for the wounded souls that are still behind those walls of misery.

When you have been able to let that hurt go, you are more open to forgiving other people, and more open to trusting and accepting in your new way of life. You may even find there was a divine purpose for all you went through. It may even surprise you as to how it will benefit you.

Mentally, releasing resentment can have great benefits as well. Forgiveness and emotional release are tied to relieved stress, decreased anger, reduced anxiety, improved emotional/impulse control, and improved mental well-being. This then reduces the risk of developing mental conditions such as panic disorders, depression, anxiety disorders, or even post-traumatic stress disorders.

There can even be physical benefits tied to releasing anger and resentment in your life. Research shows that forgiveness and emotional release can improve physical health by lowering blood pressure, decreasing heart attack risk, improving cholesterol levels, reducing pain, and improving sleep. Studies also show that the link between health and releasing resentment or practicing forgiveness increases as we age (Mayo Clinic, 2017).



**As a professional therapist for many years and an expert in trauma healing, I have found that getting free of the past happens as you integrate it into the present with the help of a healthy spiritual pathway. Typically, you can get relief from a painful past that was full of divisions and walls by doing therapeutic work and letting go of sufferings. However, it is essential to allow the regenerated and renewed mind to keep growing and developing new pathways of joy, peace, love by keeping the light of the highest dimensions of those cultivated. The thoughts you carry are like a garden that needs the essences of God and all the Highest heavenly beings to help you grow a future full of miracles. The image you use to know the truth of you must be coming from seeing yourself in the Light of the same essence as the source of all creation. A real relationship will change your inner voice to those frequencies.**

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The following are some suggestions made by mental health professionals and are not my personal writings, but I know that they will help you do the work of letting go of all those old ways of living that exhaust and drain you.

## **Set Yourself Free: 25 Ways To Overcome Resentments**

Just because you feel resentment presently does not mean you are bound to hold onto it forever. You can in fact overcome resentment and go on to live a peaceful and fulfilled life. There are a series of specific measures to take that can help you conquer resentment and its accompanying negative emotions.

## **Address Primary Emotions**

As previously mentioned, many resentments are formed around anger, but anger is generally a secondary emotion. Thus, in order to effectively address resentment, the root of the issue, or the primary emotion(s) must be identified and addressed. First, one needs to assess what the primary emotions are. Typically, feelings such as fear, embarrassment, or disappointment lie at the surface of anger and resentment.

Once feelings are accurately identified the next step is to determine the validity of those feelings. Often resentments form around flawed logic and misconceptions.

To assess validity of the feelings being experienced you can converse with the involved parties or practice reflection to determine intent and motives, as well as whether reactions and feelings are rooted in fact and reality, or misperception.

If it is discovered that emotions are rooted in flawed logic, the feelings and resentment can be released. However, if the feelings are valid and appropriate those feelings can be addressed through healthier means which naturally releases anger and dissipates resentment.

## Consider Your Role

While not a popular belief, it is common for people to contribute to the circumstances they are resentful about. When you hold the belief that another person or the circumstances themselves are the sole contributor to what you experienced and how you feel, it is easier to harbor the negative feelings towards the person or situation.

However, when you recognize that you may have played a role in some way, shape, or form you are more likely to extend compassion and have understanding which can help you release resentment because you realize the person/incident isn't solely to blame.

## Separate The Person From The Event

At times we harbor resentment towards an individual when our real issue isn't the person but rather their actions or the emotions that were stirred as a result of their actions.

It is vital to remember that people are not what they do. Good people can make poor decisions that lead to negative experiences and consequences. If we can make the effort to see a person as an individual and their behavior as a separate entity, it will be easier to release resentment because we realize our issue is not with them at all.

## Release The Trigger

There are some instances where you recognize that forgiveness is either not possible, or that it will be a long-term process. When this is the case it can be more helpful to deal with the cause of the resentment while simultaneously working towards forgiveness.

This could involve leaving a relationship, ending a friendship, or even leaving a job if you feel the incident or situation is something that cannot be let go or if being perpetually confronted by the person causes great distress.

## Express Emotions

You must find a way to release what you feel. Since one of the key components of resentment is rumination, whereby negative emotions are harped upon and the event/situation is constantly replayed, choosing to release how you feel can go a long way for removing resentment.

There are many ways you can go about expressing emotions. Options can include talking to a friend or family member, journaling, writing a letter to the person, or recreating a scenario and talking through it by yourself.

The goal is not necessarily resolution of the issue as much as it is giving the negative feelings room to breathe outside of your mental space. In doing so, you might find an internal resolution that helps you release resentment and move forward.

## Implement Forgiveness

Forgiveness, while not easy, can be very freeing. Some people are reluctant to practice forgiveness because they wrongly believe forgiving the other person gives them a free pass for their actions or behavior.

However, the truth is that forgiveness benefits the person practicing it. It works by releasing you from carrying the weight of the act perpetrated against you and gives you the freedom to

release the offense so you can move on with your life. Research shows that forgiveness is linked to enhanced self-esteem, decreased anxiety and stress, lowered levels of depression, an improved immune system, and a more positive outlook.

## Practice Kindness

While it may not come naturally to extend kindness to someone you may feel resentful towards, practicing kindness can be a useful strategy. Making an intentional effort to engage with compassion towards the person who wronged you robs the other person of the emotional power they have over you.

This strategy works by influencing the mind to break down negative emotional barriers so there are greater levels of empathy and understanding. Additionally, operating with kindness towards a person who may in fact be deserving of ill treatment can move them to empathy and compassion and even towards taking steps to rectify the matter, thereby helping you to move forward and forgive.

## Consider Empathy

Empathy is the practice of putting yourself in another person's shoes or in a scenario that allows you to experience things from their perspective. Empathy involves an intentional effort to understand and see things from the other side versus making assumptions about what a person would/should feel or do.

Practicing empathy can aid you in being able to extend grace, mercy, and compassion based on a deeper understanding of the other person's thoughts, feelings, and other factors that may have contributed to their decision making or the end outcome.

While empathy does not absolve a person's responsibility for their behavior, it can offer insight that helps you be less resentful and better able to move on with your life.

## Get Therapy

There are some situations where therapy is the most effective method for addressing all old resentment. At times resentment can be so strong and so deep that working with a professional is necessary to truly unpack the trigger and create methods of tackling the resentment one step at a time. Be sure to find a therapist who you resonate and feel comfortable to confide in so you can share your secrets without fear of judgment or being too vulnerable.

You may find some things that can include cases of abuse, where resentment is normal and even warranted. Being able to work with someone trained to deal with such severe issues so that primary emotions can be addressed and a plan to break down and release resentment can be essential to experiencing freedom.

## Consider Relaxation Techniques

As you work to address the deeper causes of the feelings of resentment and anger you have, implementing calming strategies to help you cope can be a good way to address resentment.

Such examples of relaxation techniques can include meditation, yoga, deep breathing, progressive relaxation, and quiet time away from outside stimuli. These short-term strategies might not cure resentment but can help you deal with negative feelings in a healthy way when those feelings arise so as not to lead to unhealthy coping mechanisms and toxic/irresponsible behavior.

## Practice Gratitude

while not addressing the root of resentment, practicing gratitude is another strong coping mechanism that can actually work to keep resentment at bay. When you commit your energy towards focusing on ways in which you are fortunate and privileged, it makes it challenging for resentment to thrive because self-victimization cannot be present simultaneously.

## Remain Present

Living or getting stuck in the past is the most common reason people fall into resentment. When you are constantly bringing past incidents, hurts, and conflicts into the present it can set the stage for resentment to grow.

This is because you begin to keep a record of wrong that rests in your mind and that you draw from when you experience a present hurt. The key is not to link what you're experiencing in the present to something in the past.

Choosing to remain in the present prevents you from attaching deeper meaning to things that happened in the past by overthinking. Thus, it becomes hard for resentment to take root.

## Set Boundaries

Setting boundaries for yourself and others is a good way to decrease the likelihood of disappointments which can lead to resentment. Unset boundaries easily allow for lines of comfort to be crossed and resentment to form. Thus, not only setting boundaries, but also clearly communicating them puts others in a better position to deliver and not engage in behavior or actions that might lead to resentment.

## Realistic Expectations

Another reason we might find ourselves feeling resentful is because we have unrealistic ideas about how other people should respond or behave. The truth is that we are all human and prone to mistakes and imperfections.

Additionally, we are not able to control other people nor their responses. The more we embrace those two notions, the better our expectations of others will be aligned so we don't find ourselves feeling disappointment which can lead to resentment.

## Pursue Joy

It can be hard to find joy in the midst of feelings of anger and resentment, especially when the cause of those feelings is deemed severe. However, choosing to pursue joy can turn your mindset and perspective around for the positive. If possible, assessing the situation and trying to find the humor or joy in it can help you release the resentment you feel.

However, if the situation is too serious for you to find any humor within it then simply seeking to find joy in life by pursuing things that make you happy and make you laugh can also do the trick.

When you shift your focus away from the cause of the pain and towards what brings you joy, you can remember those things that are truly important and begin to let go of the negative feelings you have (Surban, 2020).

## Accept That You Cannot Change the Past

Resentment is deeply rooted in the things that have happened to us in the past and is aimed at the situations and people we blame for those things. According to clinical psychologist Lisa Firestone Ph.D. of Psychology Today there are two ways people deal with the past.

Some people will bury it away using an attitude of whatever happened, happened. Others, however, the ones prone to resentment, get caught up in their history. This leads to some people being deeply triggered by past slights from others and a growing feeling of resentment.

The key to being free of resentment is to accept that we cannot change the past. Holding on to anger and hatred will not change what happened nor will it make you feel better about the situation.

There are things you can do to rebuild bridges with the person who did you wrong but if they are not a part of your life anymore you do yourself a disservice by allowing them to continue to affect you.

## Acknowledge That It's Your Resentment

Resentment is seldom a two-way street, more often than not the person you resent does not know that you are angry with them. Just like any emotion, resentment is personal to you but unlike other emotions it is not easy to share with others without appearing bitter and angry. We have to remember that we can control our own emotions and we choose what we focus on.

Clinical mental health writer Kristen Fuller, M.D. says that we can choose to be happy and it's not actually all that difficult. When we focus on the things, we need to make us happy we choose to let go of the things that make us angry and resentful. Imagine if we used the focus, we have in resenting someone in ways that could make our lives better.

### **These could include:**

- Building our career
- Concentrating on our physical health
- Working on our social relationships
- Identifying the things we want from life and how to get them.

The positive emotions can do so much more for us than the feelings of anger, hate and resentment.

## Accept Faults and see them as weak parts of ignorance

We feel resentment because we sense that we have been wronged by someone or by a certain set of circumstances. This often means we place all of the blame elsewhere allowing the anger to fester without considering all of the facts. The truth is as is the case in a three-dimensional world, there's always more than one side.

It is important that we acknowledge fully what our own role was in the incident or incidents that have caused the resentment.

Were we completely the victims of what happened? Did we have no control at all? Is there any way we could have avoided the situation occurring in the first place?

While we are portioning out the blame, we must not forget to check in with ourselves to make sure we do not deserve a share.

There is nothing wrong with being at fault in some way and certainly no shame in accepting your own mistakes. The important thing is to admit at least to yourself that you could have done something different to avoid the situation. Once you can accept any blame that you are due the next vital step is to forgive yourself. It is often hardest to forgive yourself when you feel fault has to be established. Try to enter a state of no fault as you enter a 'for giving' state.

According to psychologist Robert Enright Ph.D. long term resentment is a very unhealthy emotion. What may start as an annoyance can grow and grow into a raging resentment and this is because we do not let go of negative emotions.

We replay the anger from an incident over and over allowing it to grow into a bigger situation that it may have at first been. It turns into a veritable perpetual motion machine that just keeps running under its own momentum.

The only way to stop resentment growing insanely out of control is to make a stern choice to forgive the one who has wronged you. This may seem impossible, but you must weigh it against the amount of time you spend thinking about what they did.

If you find yourself constantly dwelling on what someone did the only person you are truly punishing is yourself. The person who did you wrong likely never thinks about the instance or at least very rarely.

Resentment punishes you far more than the target of your anger. Your life may suffer because of this held anger, causing relationship problems, or affecting school or professional work. So, if you cannot forgive a person, even for your own peace of mind, actively try to forget what they did. Relegate what happened to a memory rather than a day-to-day feeling of anger.

## There Is No Power in Resentment

Stop and think for a moment - what does your quiet resentment actually mean to the person who wronged you? The most likely answer is that they do not know you resent them or even what they may have done to earn this feeling of resentment towards them. This person probably doesn't lose a second of sleep thinking about what they did, do you?

When you are sat with anger boiling up inside you causing you to suffer high blood pressure, stress and likely anxiety how are they feeling? The answer is they are probably worried about their own concerns and are not thinking about you. The only power that resentment has is over the person holding the emotion, reliving something that cannot be changed.

Resenting someone does not punish them, it does not give you power over them or take your power back from them. So essentially there is no logical positive reason for you to hold resentment, it brings you nothing but sadness and negativity. The power is in the forgiveness of both yourself and the person you feel has wronged you.

## Do Not Let Your Resentment Spill Over to the Innocent

A bad relationship in which someone cheated on their partner is a classic breeding ground for resentment. The person who was cheated on, rightfully so, will feel angry and distrusting of their former partner.

The hurt can lead to long lasting resentment which is obviously not healthy for them especially once the relationship has been over. The hidden danger with resentment is that sometimes we let it control us so much that we assume others will do the same again to us eventually.

People will often find that in new relationships resentments that belong to an ex are now being aimed at them. They haven't done anything wrong but in the wronged person's mind, it is only a matter of time before they do. We have to release pent up resentment before it leads us to ruin a potentially great relationship by causing suspicion and self-destructive actions.

Just because someone wronged you once in a relationship you cannot assume a completely different person will do the same. Do not allow old feelings toward an ex to ruin your chances with this new person. Let go of the suspicion and trust what they tell you. Do not close yourself off to the chance of a great new chapter in your life for the sake of dwelling on the actions of someone no longer part of your life.

## Accept That You May Be Addicted to Resentment

It may seem like a strange thing to say but you actually can become somewhat addicted to the feeling of resentment. If you think about it though it actually makes sense, you find yourself reliving the hurt done to you, you may spend a lot of time recounting how you were wronged to others. When you can't stop thinking about it and feel the need to obsess over it you have become addicted to those negative emotions.

If it becomes a constant topic of discussion with your friends and family to the point at which people tend to avoid talking with you there may be a problem. You need to accept that when you won't let a hurt go you have gotten addicted to the anger, sadness and frustration caused. Do not allow yourself to thrive on the negative, concentrate on making happiness and positivity your drug of choice.

## Change Your Point of View

We often only view a thing from our point of view, focusing on what the situation means to us and how we suffer from it. There are other points of view to consider, however, for example witnesses to the wrong done to you. Talk to other people about what happened and instead of dwelling on how you perceived it have an honest discussion with them on how it looked to them.

It is important to be open to what they have to say; an outside perspective can be enlightening. Maybe the situation didn't play out the way you initially thought. Perhaps there was something you forgot about that casts a new light on what happened.

**Once you hear from witnesses try and look at it from the view of the person you feel wronged you.**

- Were they trying to hurt you? Did they have things going on in their lives that may have caused them to act out badly? Why might they have done what they did and do they even realize how they made you feel?

The key is to think about everyone involved rather than just how it appeared to you.

## You're Not a Victim, You're a Survivor

Sometimes the wrong done to you fully, without question, gives you a reason to be angry and feel attacked. Victims of assault and deliberate attempts to hurt them may feel justified to feel resentment. Although it seems justified, it is vital for your own mental health to not allow resentment to trap you in a cycle of repeated trauma.

You need to see yourself as the survivor of what was done to you, as someone who got back up and righted themselves. It can be hard to break out of the feeling of being a victim but it is something you must do.

When you allow yourself to be a victim you cannot escape the fear, the fear turns to anger and the anger turns to resentment. So be the survivor, find a way to carry on and be proud of your strength, do not allow yourself to be the victim and take back your control.

## Acknowledge Your Feelings

Along the path to forgiveness and rising above the resentment you can and must acknowledge your personal feelings. You don't have to surpass how you feel about something because it's fine to feel a certain way. It is key to know your feelings so you can better identify why you feel resentment.

When you know why something makes you feel a certain way then you can make an active attempt to deal with your emotions. Do not pretend not to be angry or sad about something, accept it and deal with those emotions.

If you need professional help to process how you feel then go for it! With the help of others, you can let go of resentment and you can make yourself a better happier life.

## Final Thoughts

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At some point in our lives, we all are likely to experience feelings of resentment towards an incident or an individual. At times, these feelings are completely justified based upon the nature of the experience. Other times the resentment we hold is based on misconceptions and unrealistic expectations we have of others.

Whatever the reason we feel resentment, evidence shows that holding onto it for even a short period of time can be detrimental to our physical, mental, emotional, and even relational health. In order to adequately address resentment, we must understand what resentment truly is and what it can look like in our daily lives.



Then we can take the necessary measure or combination of measures to uproot resentment and its accompanying negative emotions, release it, and move forward with our lives. By doing so we can go on to experience great physical, mental, emotional, and relational improvements in our lives and find ourselves in a better space to live freely and fulfilled.



Visit: [www.divinepowerlines.com/resentment](http://www.divinepowerlines.com/resentment)

Blessings, Susan Frink Anderson

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[www.divinepowerlines.com](http://www.divinepowerlines.com)

#### BOOKS:

"Murture" ... [www.holygramspirit.com/books](http://www.holygramspirit.com/books)

"Divine Power Lines" ... [www.divinepowerlines.com/new-book](http://www.divinepowerlines.com/new-book)

To find out more about addressing your fears and how to deal with them visit:

[www.divinepowerlines.com/newsletter](http://www.divinepowerlines.com/newsletter)

Also learn how to maintain spiritual balance

[www.divinepowerlines.com/spiritual](http://www.divinepowerlines.com/spiritual)

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