

How to Write Examples of Resentment!

Write specific examples of resentment who, where, when and what happened.

Then focus on *how did my behavior* affect the other person, the relationship and me as a person.

The following is an example:

Last summer on the family fourth of July celebration my brother George insulted me by bringing up money I had borrowed from him. He said I never paid him back and I think I did.

I told him to go to hell and yelled at him that he just always thinks he is so perfect. I picked up my things and stormed out of there. I wasn't putting up with any of his crap.

How *my behavior* affected the relationship. George doesn't talk to me very often and we avoid each other. The whole family is tense when I come around so I tend to avoid them.

How *my behavior* affected George. He seems to be sad that we can't get along.

How *my behavior* affected me. I am ashamed of how I handled it and uncomfortable around all of my family.

As we look at the examples we start to see that we violated our own value system and that caused us pain. We also start to discover with more clarity the nature of our values.

This should point out that blaming others for our behavior doesn't work very well. Regardless of how the other person behaved we are accountable for our own behavior.

Share your examples with a trusted friend.