



What Am I Still Carrying?

A Resentment Reflection

Resentment can keep us emotionally connected to something we may desperately want to be free from. Even when the event is over, we can continue **carrying the emotional cost** through anger, rumination, mistrust, reactivity, or the need for someone else to finally understand what they did. Sometimes it is easier to be angry than to feel what is underneath the anger. Often that is fear, but it may also be hurt, rejection, shame, grief, helplessness, disappointment, or abandonment. The goal of this exercise is not to convince you that what happened was acceptable or to force forgiveness. It is to understand what the resentment is protecting, recognize what it is still costing you, and examine whether the way you are interpreting the event is keeping you tied to it.

1. Who or what am I resentful toward?

2. What happened?

3. What did I want or expect to happen instead?

4. What did this affect in me?

Consider: self-esteem, pride, security, trust, expectations, finances, relationships, sense of fairness



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5. What am I still wanting from this person or situation?

Examples: an apology, acknowledgment, understanding, change, justice, validation

6. What am I telling myself this event means?

Consider: about me, about them, about relationships, about the future

7. If I am completely honest, what might be underneath the anger?

Possibilities: fear, hurt, rejection, shame, grief, helplessness, disappointment, abandonment

8. What am I afraid this situation means, or what am I afraid could happen because of it?



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9. What is this resentment still costing me today?

Consider: rumination, mistrust, reactivity, emotional energy, difficulty being present, difficulty moving forward

10. Is there another way to understand what happened that does not excuse it, but costs me less to carry?

11. What part of this belongs to me now?

Consider: my boundaries, choices, healing, expectations, response, what I do next

12. What would letting go mean here?

Possibilities: not forgetting, not approving, not necessarily forgiving, just no longer allowing the event to keep taking from my present life

Changing how we understand an event does not change what happened. It can change the relationship we have with it now.

Letting go does not erase what happened. It means deciding that I am no longer willing to keep carrying the emotional cost of it.