Resentment Inventory

Pause • Look Within • Choose Differently

1. **WHAT HAPPENED?**
   What am I upset about, and with whom?

2. **WHAT IS BEING AFFECTED?**
   Which areas of my life are being impacted?
   - ☐ Self-esteem
   - ☐ Pride
   - ☐ Ambitions
   - ☐ Security
   - ☐ Relationships
   - ☐ Finances

3. **WHAT AM I TELLING MYSELF ABOUT IT?**
   What is the story I keep replaying?

4. **WHAT DO I WANT FROM THEM OR FROM THIS SITUATION?**
   An apology? Agreement? Recognition? Control? A different outcome?

Awareness Creates Freedom



UNCOVER DISCOVER

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Turning the Lens

My Part • My Perspective • A New Way Forward

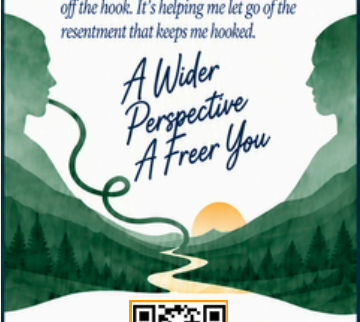
5. **WHAT IS MY PART?**
   Not necessarily what I caused, but where am I:
   - ☐ Holding on
   - ☐ Having unrealistic expectations
   - ☐ Controlling
   - ☐ Judging
   - ☐ Avoiding
   - ☐ Being dishoness with myself
   - ☐ Refusing to accept what I cannct change
   - ☐ Not seeing the other person as a real person with their own story, fears, and perspective

6. **WHAT IS MINE TO DO NOW?**
   Do I need to communicate, set a boundary, make an amends, let something go, or simply stop feeding it?

7. **BEFORE I ACT:**
   Am I trying to solve the problem, or am I trying to make the other person feel what I feel?

8. **CLOSING QUESTION:**
   What would I do next if I were no longer trying to win the resentment?

A different perspective isn't letting them off the hook. It's helping me let go of the resentment that keeps me hooked.



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