



## TYPE 2 – EXAMPLE RESENTMENT FORM



Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
My spouse	They don't notice all the work I do at home.	I feel invisible, unworthy, and drained.	I expect them to notice without communicating my needs.
My boss	They don't appreciate my contributions.	I feel undervalued and overburdened.	I volunteer for extra tasks expecting recognition.
A friend	They never reach out first in our friendship.	I feel unimportant and question their care for me.	I overextend myself to maintain the relationship.
My parent	They criticize me despite all I do for them.	I feel I'm not good enough, leading to resentment.	I keep seeking their approval, hoping they'll validate me.
A sibling	They expect me to handle family issues.	It creates resentment and makes me feel overly burdened.	I assume too much responsibility without asking for help.
My recovery sponsor	They don't acknowledge how much I support them emotionally.	I feel unimportant and unseen.	I offer too much of myself without being asked, expecting gratitude.
My child	They don't express gratitude for my care.	I feel drained and unappreciated.	I haven't set boundaries, expecting them to validate me.
A co-worker	They take credit for work I helped with.	I feel taken advantage of and overlooked.	I offer help but don't clarify my role or ask for recognition.
A recovery group member	They don't take my advice or accept my help.	It makes me feel useless and unneeded.	I give unsolicited advice and expect to be appreciated for it.