



TYPE 4 – EXAMPLE RESENTMENT FORM



Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
A friend	They seem happier and more successful than I am.	I feel inadequate and disconnected.	I compare myself to them instead of appreciating my journey.
My parent	They didn't understand or acknowledge my feelings.	I feel unseen and unworthy.	I hold onto old grievances instead of seeking healing.
A coworker	They receive more recognition despite my contributions.	I feel overlooked and undervalued.	I don't advocate for myself or express my accomplishments.
My partner	They don't appreciate the depth of my emotions.	I feel unloved and misunderstood.	I expect them to intuitively know my feelings instead of communicating.
A sibling	They have qualities or opportunities I wish I had.	I feel envious and isolated.	I focus on what I lack rather than what I have.
A recovery group member	They seem to be further along in their recovery journey.	I feel like I'm not doing enough and resent their progress.	I compare instead of celebrating their success and focusing on my path.
Myself	I didn't take opportunities to express my uniqueness.	I feel ashamed and regretful.	I focus on self-criticism rather than growth and learning.
A social group	They didn't invite me to events, making me feel excluded.	I feel unworthy and left out.	I isolate myself instead of reaching out or seeking inclusion.
Society	It prioritizes superficial qualities over depth and authenticity.	I feel alienated and angry.	I dwell on what I cannot change instead of focusing on where I can contribute meaningfully.

