



TYPE 6 - EXAMPLE RESENTMENT FORM



Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
My boss	Not giving clear instructions, making me feel uncertain and anxious.	I feel overwhelmed and fearful of failure.	I didn't ask for clarification, fearing they would judge me as incompetent.
My partner	Not being there for me when I was anxious.	It causes me to feel unsafe and abandoned.	I didn't express my need for support, fearing I would seem weak.
My parents	Not providing enough guidance when I was younger.	I feel unsure of myself and struggle with self-doubt.	I haven't let go of old fears and blame them for my insecurities.
The government	Failing to provide security and stability.	It leaves me feeling distrustful and fearful of the future.	I avoid getting involved, preferring to stay on the sidelines and complain.
A coworker	Failing to complete tasks, leaving me exposed to criticism.	I feel anxious and unsupported at work.	I avoided addressing the issue directly and relied on others to intervene.
A friend	They didn't defend me when I needed support.	I feel betrayed and question the friendship.	I didn't communicate how their actions made me feel.
My recovery sponsor	Not validating my fears or providing reassurance.	I feel insecure in my recovery journey.	I placed too much reliance on their approval.
A religious leader	They didn't provide clear spiritual guidance.	I feel lost and unsupported in my spiritual journey.	I relied too much on them instead of seeking God's direction.
My sibling	Didn't back me up during a family dispute.	I feel betrayed and unsupported.	I didn't explain why their support was important to me.