



TYPE 9 – EXAMPLE RESENTMENT FORM



Who/What I Resent	Why I Resent Them	How It Affects Me	My Part in It
My partner	They make decisions without consulting me.	I feel ignored, disrespected, and unimportant.	I avoid discussing my needs and let decisions be made without my input.
My friend	They always choose activities that don't consider my preferences.	I feel left out, unvalued, and disconnected from them.	I go along with their choices instead of expressing my own desires.
My family	They don't take my opinions seriously during family decisions.	I feel neglected, frustrated, and marginalized.	I don't assert my opinions or engage in decision-making processes.
My coworker	They take credit for my ideas and contributions.	I feel unappreciated, resentful, and disconnected from the team.	I avoid confronting the issue and let my frustrations build up.
My neighbor	They frequently disturb my sense of peace and quiet.	I feel irritated, disrespected, and agitated.	I avoid addressing the disturbances directly.
A community leader	They impose decisions without considering my input.	I feel frustrated, excluded, and unimportant.	I remain passive and don't voice my concerns.
A service provider	They frequently fail to meet my needs or expectations.	I feel overlooked, frustrated, and taken advantage of.	I don't communicate my dissatisfaction or address the issues directly.
A group project partner	They disregard my suggestions and push their own agenda.	I feel dismissed, unvalued, and unmotivated.	I don't stand up for my ideas or engage in discussions.
Myself	I avoid addressing conflicts and putting my needs first.	I feel unfulfilled, disconnected, and resentful towards myself.	I avoid facing my own desires and needs, leading to passive aggression.