



TYPE 1 - 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 follow through on commitments.	I feel frustrated, unappreciated, and burdened.	I expect them to meet my standards without communicating clearly.
My boss	They overlook mistakes that I think should be addressed.	I feel invisible and unrecognized for my efforts to uphold high standards.	I try to control situations outside of my responsibility.
A friend	They seem irresponsible and make impulsive choices.	I feel critical of them and distanced in the relationship.	I judge them harshly instead of accepting them as they are.
My parent	They don't acknowledge the high standards I try to maintain.	I feel inadequate and misunderstood.	I seek their approval to validate my worth.
A co-worker	They leave tasks unfinished or done poorly.	I feel annoyed and take on extra work to fix their mistakes.	I don't delegate or communicate my expectations clearly.
A recovery group member	They don't take the steps seriously or follow suggestions.	I feel judgmental and disconnected from the group.	I impose my standards on others and expect them to align with my views.
My child	They don't meet my expectations for responsibility.	I feel disappointed and worry they won't succeed.	I pressure them to conform to my standards.
A sibling	They dismiss my advice or perspective.	I feel rejected and undervalued.	I try to control their choices instead of respecting their autonomy.
Myself	I fail to live up to my own high standards.	I feel ashamed and critical of myself.	I set unrealistic expectations and don't allow room for mistakes.