



TYPE 3 - 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	They don't acknowledge my contributions at work.	I feel invisible and undervalued.	I seek validation through constant achievement instead of communicating my needs.
A coworker	They received a promotion I thought I deserved.	I feel jealous and inadequate.	I measure my worth through comparison and external success.
My partner	They don't show interest in my successes.	I feel disconnected and unimportant.	I focus more on achievements than emotional connection.
A friend	They get more recognition or praise in social circles.	I feel competitive and resentful.	I prioritize how I'm perceived over authentic connection.
My parent	They always expect more from me, no matter how much I accomplish.	I feel I'll never be good enough.	I seek their approval instead of defining my own worth.
A sibling	They are seen as more successful in our family.	I feel jealous and unseen.	I compare myself to them instead of appreciating my own journey.
My recovery sponsor	They don't seem to recognize my progress in the program.	I feel discouraged and unmotivated.	I rely too much on external validation for my growth.
A recovery group member	They seem more admired or successful in their recovery journey.	I feel inferior and frustrated.	I focus on competition instead of collaboration.
Myself	I didn't achieve a goal I set for myself.	I feel like a failure and question my worth.	I equate my self-worth with my productivity and success.