



TYPE 5 - EXAMPLE RESENTMENT FORM



Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
My partner	They expect too much emotional support from me.	I feel drained, overwhelmed, and resentful.	I don't communicate my limits or needs clearly.
A family member	They often ask for my help without considering my time.	I feel taken advantage of and undervalued.	I avoid setting boundaries and allow them to intrude.
A coworker	They interrupt my focus with constant questions.	I feel frustrated and unable to concentrate.	I don't express my need for uninterrupted time.
My friend	They rely on me for advice but never reciprocate support.	I feel used and disconnected.	I offer help without asking for anything in return.
My boss	They expect me to be available beyond work hours.	I feel pressured and unable to recharge.	I don't advocate for my personal time or boundaries.
A recovery group member	They share emotions that feel overwhelming to me.	I feel distant and irritated by their vulnerability.	I judge them instead of empathizing or setting limits.
A neighbor	They ask for favors but don't reciprocate.	I feel frustrated and taken for granted.	I don't communicate my expectations or limits.
My parent	They don't respect my need for independence or space.	I feel suffocated and resentful.	I avoid direct communication and withdraw instead.
Myself	I isolate to avoid feeling overwhelmed by others.	I feel lonely and disconnected.	I avoid reaching out for support when I need it.