



## Type 7 – 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 ask me to focus on responsibilities instead of fun plans.	I feel frustrated and trapped.	I avoid discussing responsibilities and overcommit to distractions.
My boss	They expect me to stick to routines and deadlines.	I feel confined and unmotivated.	I don't communicate my need for creative freedom.
A friend	They criticize me for being unreliable or not following through.	I feel judged and unappreciated.	I overpromise and don't follow through on commitments.
My parents	They emphasized discipline over spontaneity growing up.	I feel resentful and rebellious toward structure.	I haven't let go of the past and continue to resist rules.
My coworker	They expect me to handle serious tasks without flexibility.	I feel pressured and restricted.	I avoid expressing my preferences and assume they won't compromise.
A recovery group member	They seem more disciplined and committed than I am.	I feel judged and inadequate.	I compare myself to them instead of focusing on my progress.
Myself	I procrastinate on important tasks in favor of instant gratification.	I feel stressed and disappointed in myself.	I avoid facing discomfort and prioritize distractions over growth.
A sibling	They judge me for being too impulsive or carefree.	I feel criticized and misunderstood.	I don't acknowledge the impact of my actions on others.
Society	It expects conformity and seriousness, which feels limiting to me.	I feel alienated and resist authority.	I focus on what I dislike instead of finding ways to express myself within the system.